



WELLBEING WALKS

Fortnightly led Free Wellbeing Walks

Meeting at: The Braunton Countryside Centre
Wednesdays 10.30-11.30am/12PM
Please arrive 10-15 minutes early

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|---------------------|------------------|
| 17th Jan | 05th June |
| 31st Jan | 19th June |
| 14th Feb | 03rd July |
| 28th Feb | 17th July |
| 13th March | 31st July |
| 27th March | 14th Aug |
| 10th April | 28th Aug |
| 24th April | 11th Sept |
| 08th May | 25th Sept |
| 22nd May | 09th Oct |
| 23rd October | |

Followed by an optional free hot drink

In the event of bad weather call the centre or check social media to see if cancelled. 01271 817171

WHO ARE THE WALKS AIMED AT?

People who want to increase daily steps, improve fitness & health or those who are slowing down or want to lose weight. These are slower paced walks to help people take the first step to a healthier lifestyle, reduce isolation and meet new people or for anyone interested in walking.

MOBILITY SCOOTER AND FRAME WALKERS WELCOME, HOWEVER YOU MUST BE COMPETANT IN THE USE OF EQUIPMENT, AND MOST IMPORTANTLY HAVE A CHARGED BATTERY!



Registered CIC No. 12537325



@connect@livewellinbraunton.co.uk



Braunton Countryside Centre, Caen Street, Braunton, EX33 1AA