

HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION
Monday	Haddington	10.00am	Outside The Aubigny Sports Centre	Weekly – ongoing
	North Berwick	13.30pm	Entrance to the Lodge Park	Weekly – ongoing
Tuesday	Prestonpans	10.00am	Outside Prestonpans Community Centre	10 week blocks
	Dunbar	10.30am	Outside The Bleachingfield Centre	Weekly – ongoing
	Aberlady	10.30am	The Sea Green	Weekly – ongoing
Wednesday	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks
Friday	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks 
Saturday	Musselburgh	10.30am	Outside Musselburgh Sports Centre	10 week blocks

For more information on the walks and their start dates please contact Parvine, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585