

## HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION	
<b>Monday</b>	Haddington	10.00am	Aubigny Sports Centre, cafe	Weekly – ongoing	<p><b>For more information on the walks and their start dates please contact Parvine at Ageing Well at <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a> or 01620 827240 or Heather at CHANGES at <a href="mailto:healthyliving@changeschp.org.uk">healthyliving@changeschp.org.uk</a> or 0131 653 3977</b></p>
	North Berwick	13.30pm	War Memorial on Quality Street (last Mon of the month meet at Church Road bus stop)	Weekly – ongoing	
<b>Tuesday</b>	Prestonpans	10.00am	Prestonpans Community Centre	10 week blocks	
	Dunbar	10.30am	Bleachingfield Centre (2 <sup>nd</sup> Tues of the month, drive to a chosen location to walk back to Dunbar)	Weekly – ongoing	
	Aberlady	10.30am	Aberlady Village Hall (last Tues of the month meet at Gullane library)	Weekly – ongoing	
<b>Wednesday</b>	Musselburgh	10.00am	Musselburgh Sports Centre, cafe	10 week blocks	
	Haddington	10.00am	Aubigny Sports Centre, cafe	Weekly – ongoing	
<b>Thursday</b>	Dirleton	10.00am	The Open Arms Hotel	Weekly - ongoing	
<b>Friday</b>	Dunbar	10.00am	Bleachingfield Centre, cafe	10 week blocks	
<b>Saturday</b>	Musselburgh	10.30am	Musselburgh Sports Centre, cafe	10 week blocks	