

## HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	VENUE	DURATION
<b>Monday</b>	Haddington	10am	Aubigny Sports Centre, cafe	Weekly – ongoing
	North Berwick	1.30pm – 2.30pm	War Memorial on Quality Street	Weekly – ongoing
<b>Tuesday</b>	Prestonpans	10am	Prestonpans Community Centre	10 week blocks
	Dunbar	10.30am-11.30am	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-11.30am	Old Aberlady Inn (last Tues of the month meet at Gullane library)	Weekly - ongoing
<b>Wednesday</b>	Musselburgh	10am	Musselburgh Sports Centre, cafe	10 week blocks
	Haddington	10.30am-11.30am	Aubigny Sports Centre, cafe	Weekly – ongoing
<b>Friday</b>	Dunbar	10am	Bleachingfield Centre, cafe	10 week blocks
<b>Saturday</b>	Musselburgh	10.30am	Musselburgh Sports Centre, cafe	10 week blocks

For more information on the walks and their start dates please contact Parvine at Ageing Well on [pjazayeri@eastlothian.gov.uk](mailto:pjazayeri@eastlothian.gov.uk) or 01620 827240 or Heather at CHANGES on [healthyliving@changeschp.org.uk](mailto:healthyliving@changeschp.org.uk) or 0131 653 3977