

HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	VENUE	DURATION
Monday	Haddington	10am	Aubigny Sports Centre, cafe	Weekly – ongoing
	North Berwick	1.30pm – 2.30pm	War Memorial on Quality Street	Weekly – ongoing
Tuesday	Prestonpans	10am	Prestonpans Community Centre	10 week blocks
	Dunbar	10.30am-11.30am	Bleachingfield Centre (2 nd 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
Wednesday	Musselburgh	10am	Musselburgh Sports Centre, cafe	10 week blocks
	Haddington	10.30am-11.30am	Aubigny Sports Centre, cafe	Weekly – ongoing
Friday	Dunbar	10am	Bleachingfield Centre, cafe	10 week blocks
Saturday	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 at pjazayeri@eastlothian.gov.uk or 01620 827240 or Heather at CHANGES at healthyliving@changeschp.org.uk or 0131 653 3977