

## HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION
<b>Monday</b>	Haddington	10.00am	Outside The Aubigny Sports Centre	Weekly – ongoing
	North Berwick	13.30pm	War Memorial on Quality Street	Weekly – ongoing
<b>Tuesday</b>	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
<b>Wednesday</b>	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks
<b>Friday</b>	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks 
<b>Saturday</b>	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](mailto:pjazayeri@eastlothian.gov.uk) or 07718 117585



CHANGES Friendly Walks