

## ONEREN HEALTH WALKS

**ENTRY LEVEL HEALTH WALKS**

LOW LEVEL FLAT WALKS LASTING APPROX 30 MINS

**WEDNESDAY**

Linwood

Time: 11.00am

Meet: On-X Leisure Centre  
(main entrance)**WEDNESDAY**

Paisley

Time: 12.15pm

Meet: Lagoon Leisure Centre  
(Health & Wellbeing Hub)**GENERAL LEVEL HEALTH WALKS**

LOW LEVEL FLAT WALKS LASTING APPROX 60 MINS

**MONDAY**

Renfrew

Time: 2.15pm

Meet: Retail Park off Inchinnan Road  
(next to Renfrew Juniors Carpark)**TUESDAY**

Paisley

Time: 10.30am\*

Meet: Paisley Abbey  
(main entrance)**\*9.30am on the last Tue of the month!!****TUESDAY**

Paisley

Time: 5.15pm

Meet: Paisley Abbey  
(main entrance)**THURSDAY**

Paisley

Time: 10.30am

Meet: Barshaw Park  
(at notice board across from cafe)**THURSDAY**

Paisley

Time: 12.30pm

Meet: Barshaw Park  
(outside the café)**!!! Please note on the last Thursday of the month our Barshaw Park walks meet outside Paisley Abbey!!!****FREE!****No need to book, just turn up at the designated meeting place.****Dress for the weather!****Any queries contact Senga:****Email—[healthandwellbeing@renfrewshire.gov.uk](mailto:healthandwellbeing@renfrewshire.gov.uk)****Phone—07776 473 814**