

 **HEALTH WALKS – November & December**

Come along and join us on our **FREE** weekly health walks around the Renfrewshire area.

A health walk is a short, low level flat walk suitable for all levels of ability.

Health walks usually last around 30-60mins (unless otherwise stated) and there is no need to book these, just arrive at the designated place and time and tell the walk leader you are new!

Any queries please don’t hesitate to contact Senga:

Email - healthandwellbeing@renfrewshire.gov.uk Phone - 07776 473 814

**Every Tuesday** Paisley Town Centre and the surrounding areas

**Meeting at Paisley Abbey at 10.30am**

**Every Thursday** Barshaw Park

**Meeting at 10.30am at the notice board across from the café**

**Meeting at 12.30pm at the notice board across from the café**

Please note this is a slower easier paced walk and is an all ability walk

**!!! On the last Thursday of the month both our Barshaw Park walks will meet in the centre of Paisley !!!**

Join us as we discover Paisley old and new as we wander around this historical town.

**Meeting at 10.30am outside Paisley Abbey**

**Meeting at 12.30pm outside Paisley Abbey (slower paced walk)**

