

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 Piazza
(New Look 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:

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