

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)**CURRENTLY PAUSED****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:****Email—healthandwellbeing@renfrewshire.gov.uk****Phone—07776 473 814**