

**ONEREN HEALTH WALKS**

**ENTRY LEVEL** HEALTH WALKS

LOW LEVEL FLAT WALKS LASTING APPROX 30 MINS



**GENERAL LEVEL** HEALTH WALKS

LOW LEVEL FLAT WALKS LASTING APPROX 60 MINS

**WEDNESDAY**

Linwood

Time: 11.00am

Meet: On-X Leisure Centre

(main entrance)

**WEDNESDAY**

Johnstone

Time: 12.15pm

Meet: Thomas Shanks Park

(carpark near the bus stop)

**WEDNESDAY**

Paisley

Time: 12.15pm

Meet: Lagoon Leisure Centre

(Health & Wellbeing Hub)

**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)

**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)



**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**