

HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION	
Monday	Haddington	10.00am	Outside The Aubigny Sports Centre	10 week blocks	<p>For more information on the walks and their start dates please contact Parvine, Ageing Well Coordinator on pjazayeri@eastlothian.gov.uk or 07718 117585</p> <p>*Please note that everyone needs to fill out a new walker form before attending*</p>
	North Berwick	13.30pm	Entrance to the Lodge Park (last Mon of the month meet at Church Road bus stop)	Weekly – ongoing	
Tuesday	Prestonpans	10.00am	Outside Prestonpans Community Centre	10 week blocks	
	Dunbar	10.30am	Outside The Bleachingfield Centre	Weekly – ongoing	
	Aberlady	10.30am	The Sea Green (last Tues of the month meet opposite Gullane library)	Weekly – ongoing	
Wednesday	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks	
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks	
Friday	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks	
Saturday	Musselburgh	10.30am	Outside Musselburgh Sports Centre	10 week blocks	



CHANGES Friendly Walks