

We want to feel fitter

walk!



Whatever it is that you really want to do - get fitter, meet new people or just feel better today - walking is the easy way to a happier, healthier you! **Stop wanting, start walking with us.**

Our free Health Walks are short, low-level walks with a friendly, trained leader to show you the way.

Join us!

The Dirleton Daunter

Meet: in the Open Arms Hotel

Day: Every Thursday (starts 6th Feb 2020)

Time: 10am

Get in touch for more info

Call: 01620 827240

Email: ageingwell@eastlothian.gov.uk

Everyone's welcome!



**paths
for all**

FOR A HAPPIER,
HEALTHIER SCOTLAND



**healthier
scotland**
SCOTTISH GOVERNMENT

Paths for All Partnership is a registered
Scottish charity No. SC025535.