

Health Walk

Walk, talk and meet new folk...

Walk every
Friday

Walks start at
10am

Meet at the
**Bleachingfield
Centre DUNBAR**



FREE TO JOIN

**JUST
COME ALONG
NO NEED
TO BOOK**

Cold & wet weather

Warm clothing
Hat, gloves and scarf
Waterproof jacket



Warm weather

Light clothing
Sun hat
Cold drink



 Email pjazayeri@eastlothian.gov.uk if you have any questions.
 Call **01620 827240** or mobile **07718 117585**

Dementia friendly walks have been adapted to assist those living well in the community with dementia to attend with their carer, family and friends.

**Dementia
Friendly
Walking** 

**paths
for all**

FOR A HAPPIER,
HEALTHIER SCOTLAND

**ageing
well**
*Adding years to life
Adding life to years*


**East Lothian
Council**