

LAWRENCE WESTON

W A L K I N G

G R O U P



Lawrence Weston Healthy Walking Group has been walking since 1996 and is based from the hub of the community at The Rock Community Centre in Lawrence Weston. People walk with the group to meet local people; it's a fun and easy way to keep fit, a chance to explore local areas and learn the history.

Healthy walking can be used as a form of rehabilitation after an injury or illness and allows you to select the type of walk most suitable for you.

For more information please contact Sue:

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