

Carers Health Walks

- ♥ Want to get out of the house?
- ♥ Want to get some exercise?
- ♥ Want to meet other carers in a friendly group?



- ♥ Our health walks are for carers in Bristol and South Glos
- ♥ We meet weekly for a gentle one hour walk led by trained health walk leaders, then chat over a cup of tea or coffee
- ♥ Carers can either walk on their own or bring the person they care for and walk together

Every Wednesday afternoon, 2pm at:

The Vassall Centre, Fishponds

You must register with us first on:

CarersLine 0117 965 2200

walks@carerssupportcentre.org.uk

*If you care,
we care.*

The Carers' Support Centre

