

## HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION	
<b>Monday</b>	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 <a href="mailto:pjazayeri@eastlothian.gov.uk">pjazayeri@eastlothian.gov.uk</a> or 07718 117585</p>
	North Berwick	13.30pm	Entrance to the Lodge Park ( <b>last Mon of the month meet at Church Road bus stop</b> )	Weekly – ongoing	
<b>Tuesday</b>	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 ( <b>last Tues of the month meet opposite Gullane library</b> )	Weekly – ongoing	
<b>Wednesday</b>	Musselburgh	10.00am	Outside Musselburgh Sports Centre	10 week blocks	
	Dirleton	10.00am	Outside The Castle Inn	10 week blocks	
<b>Friday</b>	Dunbar	10.00am	Outside The Bleachingfield Centre	10 week blocks	
<b>Saturday</b>	Musselburgh	10.30am	Outside Musselburgh Sports Centre	10 week blocks	



CHANGES Friendly Walks