

HEALTH AND WELLBEING WALKS

(ADULTS OF ALL AGES WELCOME)

DAY	TOWN	TIME	MEETING PLACE	DURATION	
Monday	Haddington	10.00am	Aubigny Sports Centre, cafe	Weekly – ongoing	<p>For more information on the walks and their start dates please contact Parvine at Ageing Well at pjazayeri@eastlothian.gov.uk or 01620 827240 or Heather at CHANGES at healthyliving@changeschp.org.uk or 0131 653 3977</p>
	North Berwick	13.30pm	War Memorial on Quality Street (last Mon of the month meet at Church Road bus stop)	Weekly – ongoing	
Tuesday	Prestonpans	10.00am	Prestonpans Community Centre	10 week blocks	
	Dunbar	10.30am	Bleachingfield Centre (2 nd Tues of the month, drive to a chosen location to walk back to Dunbar)	Weekly – ongoing	
	Aberlady	10.30am	Aberlady Village Hall (last Tues of the month meet at Gullane library)	Weekly – ongoing	
Wednesday	Musselburgh	10.00am	Musselburgh Sports Centre, cafe	10 week blocks	
	Haddington	10.00am	Aubigny Sports Centre, cafe	Weekly – ongoing	
Thursday	Dirleton	10.00am	The Open Arms Hotel	Weekly - ongoing	
Friday	Dunbar	10.00am	Bleachingfield Centre, cafe	10 week blocks	
Saturday	Musselburgh	10.30am	Musselburgh Sports Centre, cafe	10 week blocks	