

Smart Move with Braveheart

Come and join our free, friendly, low level weekly walks encouraging everyone to become more physically and socially active within our community. Our walks are open to everyone, of all abilities, and we also support people living with long term conditions and Dementia

Tuesdays- Bowmar to Wetlands Walk 12-12.30pm

Meeting at Bowmar Centre

Tuesdays-Resonate Circular Walk 11.30-12.30pm

Meeting at Resonate Arts House, Castle Street

Wednesdays- Community Circular Walk 11-11.30am

Meeting at Clackmannanshire Community Healthcare Centre

Thursdays-Sauchie Circular Walk 11-11.30am

Meeting at Sauchie Resource Centre

Fridays-Sauchie Circular Walk 12-2pm

Meeting at Clackmannanshire Community Healthcare Centre



For more information please contact Walking Development Officer May on
01259 290323 /07795283804

May.richmond1@nhs.net

Visit www.braveheart.uk.net / find us on Facebook: The Braveheart Association

We have an exciting new partnership with Cycling Without Age Scotland- are you unable to walk far but would like to join a group? please contact May on above details

