

Free Mall Walks with Strength & Balance



*Every Wednesday at 1.30pm
Braveheart's Connections Hub,
Falkirk Howgate Centre*

*Join us for a 10 minute slow paced walk
followed by 15 minutes of strength & balance*

Open to everyone. No need to sign up, just turn up

For more information please contact Eva on
eva.finlayson@nhs.scot / 07795283508