

*** Grangemouth Weekly Walk ***
*** Launching 16th Nov 2021 ***

Every Tuesday at 11am

(both 30 min and 1hr walk option)

Leaving from Community Education Unit

(next to Grangemouth sports complex)



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

A great way to stay active and socialise.

We also support individuals living with long term conditions
and Dementia.

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

Visit www.braveheart.uk.net / FB: The Braveheart Association