

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.

No need to sign up, just turn up...our locally trained Walk Leaders. look forward to seeing you there. Social Distancing Rules apply.

CHRISTMAS TIMETABLE

Wednesdays- Community Circular Walk 11-11.30am

Meet at Clackmannanshire Community Healthcare Centre

Our weekly walk will be stopping for the Christmas break on Wednesday 15th of December 2021 and will resume on Wednesday 12th of January 2022.

Thursdays-Sauchie Circular Walk 11-11.30am

Meeting outside Sauchie Community Hall

Our weekly walk will be stopping for the Christmas break on Thursday 9th of December 2021 and will resume on Thursday 13th of January 2022.

ANYONE REQUIRING A 1-2-1 WALK SHOULD CONTACT MAY DIRECT BY PHONE OR EMAIL.

For more information, please contact Walking Development Officer May on 07795283804
may.richmond@nhs.scot

Visit www.braveheart.uk.net

Find us on Facebook: The Braveheart Association

