

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.



Wednesdays- Community Circular Walk 11-11.30am

Meet at Clackmannanshire Community Healthcare Centre



Thursdays-Sauchie Circular Walk 11-11.30am

Meeting outside Sauchie Community Hall

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



