

Weekly
Walks
2021

Braveheart
For healthy lives

Social
Distancing
Measures
Apply

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. We look forward to seeing you there.



Tuesdays- Bowmar to Wetlands Walk 12-12.30pm

Meet at The Bowmar Centre


Re launching 13th April 2021



Wednesdays- Tullibody to Cambus Walk 11.30-12.15pm

Meet outside the old St Bernadette's School


Re launching 14th April 2021



Wednesdays- Community Circular Walk 11-11.30am

Meet at Clackmannanshire Community Healthcare Centre

Re launching 14th April 2021



Thursdays- Sauchie Circular Walk 11-11.30am

Meet outside Sauchie Community Hall

Re launching 15th April 2021

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

Visit www.braveheart.uk.net

Find us on Facebook: The Braveheart Association

