

# **PORTESHAM SURGERY “WALK AND TALK” GROUP**

**Would you like to meet new friends, and get some exercise at the same time?!**

**Why not join us for a walk of about 30 minutes and then have refreshments at the Friendship Café held in the Hall**



- **Free and friendly – just the price of a brew and biscuits at the café afterwards!**
  - **No need to book, just turn up!**
  - **Low impact, suitable for all abilities**
- **Not to worry if you have not walked before**



**Fortnightly on a Tuesday starting 26th July**  
**Meeting at 10am**  
**outside Portesham Village Hall**  
**Please wear suitable clothing and footwear**

