

# Canalside Walking Group

You are invited to join us:

- Thursdays 10am
- Wellbeing Walk for about an hour
- 5th Jan 2023 to 9th Feb (6 week block)
- Meet at Fountainbridge Square (where the swans are at the end of the canal)
- Round the corner from Tesco Fountainbridge, near bus 1,34,35
- Dress for the weather
- Refreshments after the walk for those who would like to stay.
- All welcome
- Free of charge



**For further details contact [fiona@fcct.scot](mailto:fiona@fcct.scot)**

**or**

**phone 07706580147**

**[www.fcct.scot/health-walks/](http://www.fcct.scot/health-walks/)**

## Free weekly wellbeing walk



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