



# Canalside Walking Group



You are invited to join us:

- Thursdays 10am
- Wellbeing Walk for about an hour
- 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

or

phone 07706580147

www.fcct.scot/health-walks/

### Free weekly wellbeing walk







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