

Join in GET ACTIVE

Walk on Hebrides Project - **HEALTH WALKS**

A **Health Walk** is a short, social, local, low level led walk that can be adapted to suit the needs of the walkers. Health Walks are free and can be anything from 10–60 minutes.

Why walking?

Walking is a simple way to increase your physical activity, it is good for all round health, can help to improve your mood and it's free – you just need some comfy shoes!



Walking Group	Location	Date and time	Meeting point	Contact
Get on Track	Lewis Sports Centre, Stornoway	Wednesday at 13:15	ISL Running Track	Janet Macleod, jmacleod@cne-siar.gov.uk
Grimsay	Grimsay, North Uist	Wednesday at 13:30	Grimsay (varies)	Anne Wilson, anniegrimsay@gmail.com
Kinloch Health Walk	Pairc & Kinloch	Saturday at 11.00	Various - check Pairc Trust	David Simpson, davidgordonsimpson@gmail.com
Easy Walk & Talk	Stornoway	Monday at 12.30	Lews Castle Grounds	Dave Alldred, david.alldred@penumbra.org.uk
Walk & Talk	Stornoway	Tuesday at 14.00	Lews Castle Grounds	Dave Alldred, david.alldred@penumbra.org.uk
Cuairt & Ceilidh	Carloway	Thursday at 13.00	Urras Oighreachd Charlabhaigh	Sally Reynolds, sally@carlowayestatetrust.co.uk
Northbay	Northbay, Barra	Friday at 10.30	Garadh a Bhagh a Tuath	Lisanne Macinnes, lisanne@garadh.org
Northbay Buggy Walk	Northbay, Barra	Tuesday at 11.30	Garadh a Bhagh a Tuath	Lisanne Macinnes, lisanne@garadh.org
Lochboisdale Health Walk	Lochmaddy, Uist	Monday at 13.30	Lochboisdale Health Walk	Rosie Moar, rosie@tagsa.co.uk
Lochmaddy Buggy Walk	Lochmaddy, Uist	Thursday		Rosie Moar, rosie@tagsa.co.uk
Laxdale Social Seniors		10.00	Laxdale Community Hall	

For more information contact: laura.mackay15@nhs.scot