



Chard Health Walk

Fortnightly on a Wednesday
Wednesday 18th June @10am
Meeting Summerfields Surgery, Summerfields
Road, Chard TA20 2EW

Level 1 Walk: 1 to 1.5 miles, flat or gentle
slopes, no stiles and ideal for those able
to complete 30-40 mins with minimal
stops.

SCAN ME



Contact:



Carrie Saunders
carrie.saunders1@nhs.net

- Paid parking nearby
- Toilets
- Optional paid refreshments at the CommuniTEA Waffle House after the walk.
- Assistance dogs only
- Accessible walk

Scan the QR code or visit
www.sasp.co.uk/health-walks
to find out more information.
No pre-booking required - just
turn up!

**PROMOTING MOVEMENT,
CONNECTION AND THE OUTDOORS**



WALKS@SASP.CO.UK



WWW.SASP.CO.UK/HEALTH-WALKS



[@SOMERSETHEALTHWALKS](https://www.facebook.com/SOMERSETHEALTHWALKS)