

the Big Fit Walk

We're going for a walk and everyone's invited

Come along and try out
Nordic Walking
– suitable for all abilities
Starts 11.45am

FREE

- Raffle
- Tea/coffee and refreshments after the walk
- Information about other walks and activities in your area



Join us on a **Big Fit Walk** led by Volunteers from Ageing Well.

We'll start from The Bridge Centre, 11 Poldrate, Haddington, EH41 4DA

Registration 10am, **10.30am start**

On **Sunday 19th June, 2022**

Choose between a

Buddy walk – 1-1 walk

Bronze – 30 minute walk

Silver – 45 minute walk or

Gold – 60 minute walk



No need to book but for more information:

Telephone Parvine at Ageing Well on 07718 117585 or email pjazayeri@eastlothian.gov.uk

Or telephone Diann at Connected Communities on 07970 189338 or email dgoenlock@eastlothian.gov.uk



Be active, get healthy, have fun!

The Big Fit Walk is free, easy and lots of fun – especially when you bring a friend. Young, old, fast, slow – it doesn't matter.

It's not a race, it's about having fun and staying healthy. Fresh air, a walk and a chat. Hey, it could become a regular thing.

And the best bit?

Everyone – absolutely everyone – is welcome.

See you there!

www.pathsforall.org.uk/bigfitwalk

Join the big conversation. We'd love to see your photos and hear your stories. You can share them with us on social media.

[@pathsforall](https://twitter.com/pathsforall) [f /PathsforAllScotland](https://www.facebook.com/PathsforAllScotland) [@pathsforall](https://www.instagram.com/pathsforall) #bigfitwalk

