

Come along and try out

Nordic Walking

– suitable for all
abilities

Starts 11.45am

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

# **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

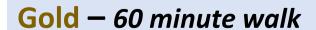
On Sunday 19th June, 2022

Choose between a

Buddy walk - 1-1 walk

**Bronze** – 30 minute walk

Silver - 45 minute walk or



### No need to book but for more information:

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

Or telephone Diann at Connected Communities on 07970 189338 or email dgovenlock@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!

SILVER

#### 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.













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