

Let's change the way Nova Scotians think about walking!



Leader Orientation Registration Form

Join our Heart and Stroke Foundation volunteer team as a Heart&Stroke *Walkabout*™ Leader! This two-hour leader orientation session includes a leader handbook, inspiring activities around how to start a walking group in your community or workplace, information on safety and group leadership, and a fun demonstration of our interactive website!!

Registration is FREE - space is limited to the first 12 participants!

1. Please check (✓) orientation session (**only one**):

- Colchester County:** Truro, Tues, June 10th 6:00 – 8:00 pm Colchester East-Hants Public Library - 754 Prince Street
- Antigonish County:** Antigonish, Tues, June 17th 6:00 -- 8:00 pm, St. FX University Millennium Centre, KMC Conference Room A
- Halifax County:** Halifax, Wed, June 18th 6:00 – 8:00 pm Heart and Stroke Foundation of NS, 5161 George St. 7th floor, Large board room

2. Please indicate (✓) your **primary** reason for wanting to attend this orientation session:

- I want my current walking group/club to become affiliated with *Walkabout*
- I wish to start a new walking group/club in my community
- I wish to start a walking group at my work
- Other (please specify): _____

3. Please indicate (✓) your experience with community walking groups:

- Experience as a group leader
- Experience as a group member only
- No experience with community walking groups
- Other (please specify): _____

4. Please indicate (✓) if you have:

- Logged onto www.walkaboutns.ca
- Created a user account on www.walkaboutns.ca
- Created a group on www.walkaboutns.ca
- Created a route on www.walkaboutns.ca

Name: _____ Phone: _____

Email: _____ Profession: _____

Registration deadline is 1 week in advance

Return your form by fax: (902) 492-1464

By Mail: Heart and Stroke Foundation of NS, 5161 George St. 7th floor, Halifax, NS B3J 1M7

By e-mail: fdunn@heartandstroke.ns.ca

The Heart and Stroke Foundation of Nova Scotia respects your privacy. We protect your personal information and adhere to all legislative requirements with respect to privacy. We do not rent, sell or trade our mailing lists. We use your personal information to provide services and to keep you informed and up to date on activities of the Heart and Stroke Foundation, including programs, services, special events, funding needs, opportunities to volunteer or to give and more through periodic contacts from the Heart and Stroke Foundation. If, at any time, you wish to be removed from any of these contacts please contact the HSFNS Volunteer Development Coordinator at 1-800-423-4432 or email contactus@heartandstroke.ns.ca