

Walkabout at work & Community Leader Orientation Registration Form

Join our Heart and Stroke volunteer team as a Heart&Stroke™ *Walkabout at Work or Community Leader!* This one and a half hour leader orientation session includes a leader handbook, pedometer, inspiring activities around how to start a walking group in your workplace or community, information on safety and group leadership, motivation, and more.

Registration and lunch is FREE to 20 participants - space limited!

1. LOCATION: Alderney Gate Library, 60 Alderney Dr., Dartmouth 12:00 – 2:00pm
on **Friday, November 20th**

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

- I want my current walking group 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 workplace
- Other (please specify): _____

3. Before attending, please note that we are assuming that you have:

- i) Logged onto www.walkaboutns.ca and
- ii) Created a user account on www.walkaboutns.ca

Registration deadline - Friday, November 6th

Return form to Fran Dunn, e-mail: fdunn@heartandstroke.ns.ca by fax: 492-1464

Name: _____ Phone: _____

Email: _____ Profession: _____

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.

walkaboutns.ca



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