

# Walkabout at work Leader Orientation Registration Form

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

**Registration and lunch is FREE to first 12 participants!**

**New Glasgow, Business Service Centre, 980 East River Rd. on Fri, October 9<sup>th</sup>, 12 – 1:30pm**

1. 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 at my worksite   
I wish to support walking in my workplace   
Other (please specify): \_\_\_\_\_
2. Please indicate (✓) your experience with workplace wellness initiatives:  
Experience as a site coordinator   
Experience as a workplace wellness committee member   
No experience   
Other (please specify): \_\_\_\_\_

3. Before attending, please note that we are assuming that you have i) Logged onto [www.walkaboutns.ca](http://www.walkaboutns.ca) and ii) Created a user account on [www.walkaboutns.ca](http://www.walkaboutns.ca)

4. Please confirm that you are supported to implement a workplace program in the next 4 weeks.

Manager: \_\_\_\_\_ Date: \_\_\_\_\_

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Profession: \_\_\_\_\_

**Registration deadline: Friday, October 2nd :**

**By e-mail to Fran Dunn: [fdunn@heartandstroke.ns.ca](mailto:fdunn@heartandstroke.ns.ca) or fax: 492-1464**

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](mailto:contactus@heartandstroke.ns.ca)

[walkaboutns.ca](http://walkaboutns.ca)



PRESENTING SPONSOR