



Regional Networking Events Widening Your Reach

We know that everyone in Scotland can benefit from walking more, and walking is something we can do everyday. How can we increase the number of people we reach with our Health Walks and community path groups?

Come along to a regional event near you to meet with your peers and to share learning. Together we'll get Scotland Walking.

- **Aberdeen – Thursday 31st October 2013**
10:00 - 16:00, The Town House, Union St.
- **Edinburgh – Friday 15th November 2013**
9.30 - 16.30, City Chambers
- **Glasgow – Thursday 20th February 2014**
9.30 - 16.30, The Lighthouse

Event outline

- Strength & Balance in older adults
- Networking opportunities
- Paths for All updates
- Choice of workshops and information stands, including: Funding, recruiting walkers, using social media to communicate better, delivering family & buggy walks and improving and maintaining the paths you walk on.

Who should attend?

Project Coordinators, Walk Leaders, anyone involved in planning Walking for Health projects, community paths groups and Local Development Trusts.

Booking and Further Information

These are free events with lunch provided but places are limited. Booking closes on 22nd October. For more information and to book your place online, please visit the events section of our website at

www.pathsforall.org.uk



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