




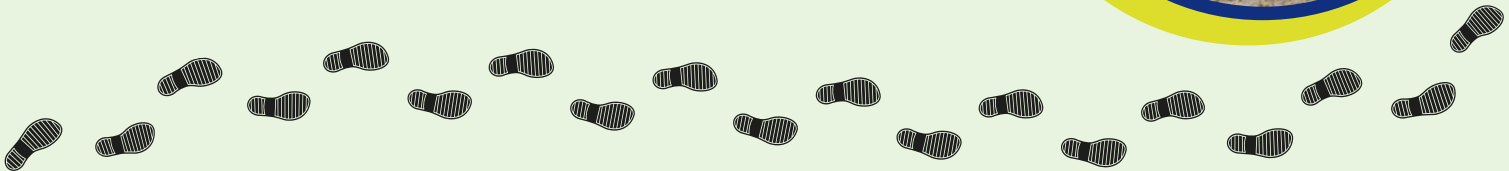
# Volunteer

## Do you enjoy walking & talking?

We are looking for **volunteers** to lead walks!

-  Fitness, fresh air and friendship.
-  Help others to get out and about.
-  Full training and support provided.

Volunteer Walk Leaders are vital and valued.



**Local. Low Level. Accessible. Safe. Social. Fun. Free.**



To find out more about

## Local Walking Groups

in your area visit: [www.highlandtsi.org.uk/walks](http://www.highlandtsi.org.uk/walks)



For more information please contact **Isabel McLeish, Health Walk Coordinator**



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