

CHEST, HEART AND STROKE SCOTLAND

The Loch Leven Walkathon has raised a fantastic **£76,500** over the past seven years. On Sunday 25th March 2018, it will return to the beautiful Loch Leven's Larder and we would love you to be there. We hope you will consider joining us at the Walkathon to help us continue to provide vital advice and support for vulnerable people in Scotland who are recovering from life-changing illnesses.

As I'm sure many people in the Perth and Kinross area are aware, Loch Leven is a spectacular location for a spot of fresh air and gentle exercise, so why not dust off those walking boots and join us for a Sunday morning wander. You can choose from a 7K route (with optional family Easter Egg Hunt), a 12K or the 13 mile circuit of the loch. All routes start and finish at the warm and inviting Loch Leven's Larder – meaning you can treat yourself to a well-deserved cuppa and cake after your endeavours!

More information can be found at www.chss.org.uk/lochleven, where you can also sign up online. Paper forms are available on request by calling 0300 1212 111 or emailing fundraising@chss.org.uk. Spaces are limited so please register in advance to avoid missing out!

We would love to see you at the Loch Leven Walkathon this year. Please feel free to also share this invite with any family, friends or colleagues who you think would be interested in coming along for a fantastic day out!