



Nova Scotia/Nunavut Command  
The Royal Canadian Legion

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## All Branch Mail Out # 61

**Date:** September 8, 2022

**TO:** NS/NU Branches  
NS/NU Executive Council  
NS/NU Zone Commanders  
NS/NU Past Presidents  
NS/NU Command Staff

**From:** Comrade Valerie Mitchell-Veinotte  
Chairman, Constitution and Bylaw Committee  
NS/NU Command, RCL

**Subject:** Hike Nova Scotia

### Message:

Comrades kindly give the following message widest dissemination. Thank you for the opportunity for us to connect with Legion members across Nova Scotia. On behalf of Hike Nova Scotia, we want to let you know about a free program that is helping less active adults enjoy the many benefits of walking. As one of our walk leader's says "walking and talking connects us with others and is good for the body and mind". Our participants say the walk groups have helped them make new friends and given them the confidence and support they need to go out for a walk.

We currently have almost 50 walk groups happening in communities throughout the province, but are always looking for more walk leaders and participants.

If you would like more information on either becoming a walk leader in your community or you would like to join one of our walk groups as a participant, you can visit [www.nswalks.ca](http://www.nswalks.ca) or you can call us at 902-932-6902. We would love to hear from you.

Happy Walking!

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