



## Warm-up Events Dates

**Inverness** – 12<sup>th</sup> July - <https://bit.ly/2JQqNhT>

**Aberdeen** – 24<sup>th</sup> July - <https://bit.ly/2tp2SLu>

**Fife** – 25<sup>th</sup> July - <https://bit.ly/2M75IMX>

**Glasgow** – 1st August - <https://bit.ly/2ysjOq9>

**Borders** – 9<sup>th</sup> August - <https://bit.ly/2M4J8Vq>

**Recovery Walk Scotland** – 15<sup>th</sup> September

Please follow and engage with the  
Recovery Walk Scotland social media channels!

**Facebook:** [www.facebook.com/RecWalkScot/](http://www.facebook.com/RecWalkScot/)

**Twitter:** [www.twitter.com/RecWalkScot](http://www.twitter.com/RecWalkScot)

**Instagram:** [www.instagram.com/recwalkscot](http://www.instagram.com/recwalkscot)