

Chest, Heart & Stroke Scotland



**Challenge Hamish
Step by Step!**



AWARENESS WEEK 5 - 11 October 2008

The 'Challenge Hamish' campaign encourages people to be as active as possible, taking one step at a time towards recovery from chest, heart or stroke illness or towards general fitness.

IF YOU ARE INTERESTED IN TAKING PART PLEASE REGISTER BY ORDERING YOUR PACK(S) BY THE END OF JULY 08.

Send for our 'Challenge Hamish' Pack(s) by:

Tel: 0131 225 6963

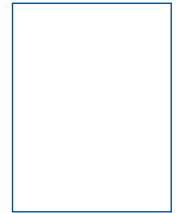
E-mail: challengehamish@chss.org.uk

The contents of the pack can be seen on our

website: www.chss.org.uk

Each pack contains:

- Instructions and brief
- 'Challenge Hamish' poster
- 'Who we are, What we do' flyer
- Publications List
- 'How to conserve your energy' factsheet
- x10 'Just Move' factsheets
- x10 'Ideas' factsheets



Chest, Heart & Stroke Scotland and CHSS are operating names of The Chest, Heart & Stroke Association Scotland a registered Scottish charity No SC018761

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