

Dear Friend

Healthy Valleys welcomes you becoming a company member.

Company membership gives you access to the following benefits:-

- Supporting us in improving the Health and Lifestyle of all age groups within the rural South Lanarkshire.
- Copy of our annual report and full voting rights at our AGM.
- Option to become involved as a director.
- Copies of our newsletters and regular information bulletins.
- Opportunities to contribute to the success of a local organisation which exists for the benefit of local people and local communities.

Cost of lifelong membership is £1.

All you need to do is complete the attached application form and return it to us with your £1.00 contribution.

Should you have any queries, comments or suggestions please do not hesitate to contact us (see contact details below).

We look forward to:

**“Working with you towards promoting positive lifestyles and building healthier communities”**

Lesley McCranor  
Co-ordinator