



## **Pilgrim Gathering**

**Sunday, November 12<sup>th</sup>, 2017**  
**2.00 – 5.00pm.**

**Box Factory Community Centre,**  
**59 Regent Street, Adelaide.**  
*(runs between Halifax and Carrington Streets.)*

**Guest Speaker**  
**Nick Sanders – Podiatrist**

Nick Sanders is the second guest speaker this year to talk on a theme of looking after ourselves on the Camino. We are indeed fortunate to have Nick, a podiatrist with 20 years' experience, as the guest speaker at our next gathering. Though not having travelled the Camino, Nick has had much experience playing both summer and winter sports, including walking the long distance trail walker, and is well versed in good foot maintenance. He will talk about foot care and how to treat the most common foot ailments on the Camino, followed by a time for questions.

Following Nick's presentation there will be ample opportunity to ask, and find answers to, any questions you may have about your coming Camino over a cuppa.

Note – we meet in the large room upstairs at The Box Factory.

***All those interested in the Camino are very welcome.***

*Please bring:- a plate of food to share for afternoon tea,  
a gold coin donation,  
your photos, photo books etc.  
and any friends you may wish to inspire!*

An RSVP to [info@afotc.org](mailto:info@afotc.org) to give us an idea of numbers would be appreciated.