



Walk to D'Feet MND

Ashton Playing Fields

Chigwell Road, Woodford Green, IG8 8AA

11am Sunday 11th October 2009

30 Laps for 30 years

Help us to celebrate the 30th anniversary of the MND Association and raise valuable funds for people affected by MND in the local area

Walk or run the full 30 laps, or set your own goal!

To register or find out more please contact Heather at
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07905 000448

www.mnd-eastlondon.org.uk



SO PUT YOUR BEST FOOT FORWARD AND HELP IN THE FIGHT AGAINST M.N.D.