

Anxiety Care

Sponsored Walk



Sunday
27th
September
2009

5K Run/Walk
Run, Walk, Hop as much or as little you wish. Open for all ages and ability. At Valentines Park, (Melbourne Road entrance) Ilford 10.00am.

Please call for a sponsorship form – We rely on donations
Contact 020 8262 8891

PLEASE NOTE: Participants wishing to take part must register and be sponsored for Anxiety Care before commencing the walk.