

#RunAndTalk

 RunTogether

Wednesday 10th October 2018

Club Annual Bridges Run

We will be using the above club night/session to launch the #RunAndTalk initiative. If you would like to find out more then I will be available in the bar afterwards, or if you fancy a chat during the run then I will be with Viv/Amanda/Lawrence's Group.

I am looking forward to chatting with you on the evening and being able to answer any questions you may have about #RunAndTalk or my role as Mental Health Champion within our club.

Vicky Shaw

Mental Health Champion



working with

