



## Walk to D'Feet MND

### Ashton Playing Fields

Chigwell Road, Woodford Green, IG8 8AA

**10.30am Sunday 9th October 2011**

# 10k on 09/10/11

*Walk or run the full 10k, or set your own goal!*

**Help us to raise valuable funds for people affected by MND in the local area.**

*Plus tea, coffee, cake & books for sale.*

To register or find out more please contact Heather at

**[mndeastlondon@hotmail.com](mailto:mndeastlondon@hotmail.com)**

**020 8504 3731**

**[www.mnd-eastlondon.org.uk](http://www.mnd-eastlondon.org.uk)**



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