



Using activity to combat the physical and mental strains of cancer

Come and join Alistair  
on his 2020 Challenge

**16th March 2020**  
**Southwell Racecourse**

Are you having or have had cancer treatment? Have you, a family member or a friend been affected by cancer?

**Are you feeling?**

Tired  
Fed up  
Unmotivated  
Isolated

**Would you like to?**

Boost energy levels  
Increase physical activity  
Improve mental wellbeing  
Sleep better

Come and run, walk or jog around the Racecourse or simply come and say hello in a supportive, safe and welcoming environment.

Address: Southwell Racecourse, Occupation Lane, Rolleston,  
Nottinghamshire, NG25 0TS. Start time 11am.