



Using activity to combat the physical and mental strains of cancer

Come and join Alistair
on his 2020 Challenge

31st March 2020
Musselburgh 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: Musselburgh Racecourse, Linkfield Road, Musselburgh, East Lothian, EH21 7RG. Start time 12.45pm.