



Using activity to combat the physical and mental strains of cancer

Come and join Alistair
on his 2020 Challenge

21st March 2020
Pontefract 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, jog or volunteer (fully supported) at the racecourse as part of Parkrun, at 9am on 21st March 2020.

Address: Pontefract Park, Park Rd, Pontefract WF8 4QD
Start time 9am. Go to www.steponcancer.co.uk for more details or contact steponcancernow@gmail.com.