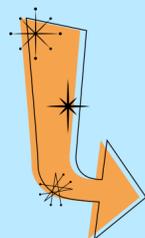
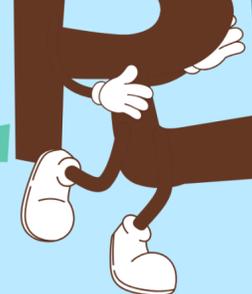




# RISE & RUN



## 5KM FUN RUN

### SUNDAY, 17 MAY

10AM START, MARINE HOTEL, TANKERTON

SUPPORTING



&

 **mind**  
East Kent



Run in memory of a loved one,  
encourage positive conversations  
around mental health or just for fun!

Move your body,  
support your mind!



32-33 Marine  
Parade  
Tankerton

Scan QR  
code to  
book ticket



[www.eastkentmind.org.uk/riseandrun](http://www.eastkentmind.org.uk/riseandrun)