



Get Fit, Get Well

A day celebrating
physical health and
mental wellbeing

Wednesday 7 April 2010
10.00am to 3.30pm

**Longford Park Stadium,
Ryebank Road,
Chorlton cum Hardy, M21 9TA.**

raising funds in aid of



Come along and get involved:

- Take part in our 5k sponsored run in aid of Mind.
(please note those wishing to take part in the run must pre-register by contacting Jordan Simpson on Jordan.simpson@mhsc.nhs.uk or ringing 0161 882 1106).
- Free lunch.
- Visit our health and wellbeing stalls for tips on how to get fit and healthy.
- Watch the six-a-side football tournament featuring mental health teams from across the North West.
- Listen to presentations on getting fit and take part in exercise demonstrations.

For more information please go to www.mhsc.nhs.uk/getfitgetwell or ring 0161 882 1106.

Together we are better