

# #runandtalk RunTogether

# Shelton Striders

## Come and meet us for a run and a chat

At Shelton Striders we are passionate about the benefits that running can contribute to a person's wellbeing, something that fits perfectly with our long standing club moto:

**'We run for fitness, friends and fun'**

To mark **World Mental Health Day**, we are hosting a #runandtalk event, which is open to non-members and members alike. So come down and join us for a run, chat and a brew.

There will be a choice of 2 or 4 mile runs, with groups to suit all paces. And it's just 50p per person.

*Not suitable for children under 12 and under 16's must be accompanied by a parent/guardian.*

## Boulton Lane Community Centre

Boulton Lane, Derby DE24 0BD

## Friday 14<sup>th</sup> October 2016 at 6:45pm

For more information call 07802 835475 or email [andy\\_j\\_b@me.com](mailto:andy_j_b@me.com)

Or Sign-up via Facebook at: <https://www.facebook.com/events/1310769425601260/>



working with



mind  
for better mental health