

# Coastal Walk to D'FEET MND

## MOTOR NEURONE DISEASE (MND)

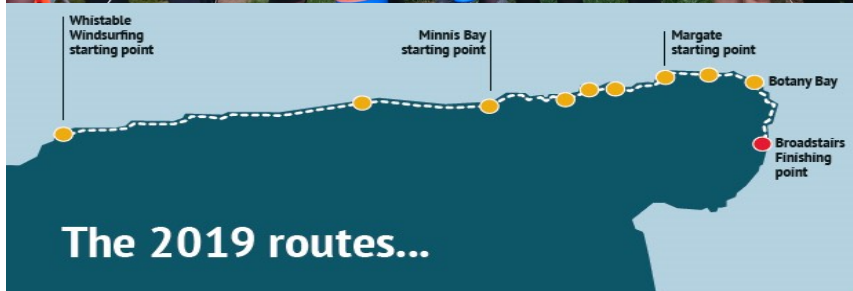
Choose from 25 miles Whitstable to Broadstairs start 07.00

13 miles Minnis Bay to Broadstairs start 11.00

5 miles Margate to Broadstairs start 13.45

Raising money to support people living with MND

# Saturday 18th May 2019



Full details are available at [mnda-eastkent.org.uk/walk19](http://mnda-eastkent.org.uk/walk19) or [Facebook.com/mndawalk](https://www.facebook.com/mndawalk) where there will be links to download training plans, walk directions and sponsorship forms.

Registration will be at [mnda-eastkent.org.uk/walk2019](http://mnda-eastkent.org.uk/walk2019)

Registration is £10 which includes T shirt and insurance.

We ask all walkers to get the maximum sponsorship possible to support people living with MND in East Kent. Please visit <https://www.justgiving.com/teams/coastalwalk2019/join> to join our JustGiving Team.

Greenwich  
Kitchen

The place to eat when visiting the O2



Registered charity No. 294354