



AWARE

MOOD walk

lift your mood



Belfast	Mary Peters Track	Friday 16 June 2017
Dalriada Festival	Altmore St, Glenarm	Tuesday 18 July 2017
Portstewart	The Strand	Friday 28 July 2017
Lderry	Ebrington Square	Friday 8 September 2017
Omagh	Youth Sports Centre	Sunday 1 October 2017



Supported by:

REGISTER NOW:
aware-ni.org/moodwalk
 E. fundraising@aware-ni.org
 T. 028 9035 7820





“ The AWARE Mood Walk is so much fun. I highly recommend this walk to everyone, it’s a guaranteed way to lift your mood and help you feel good! ”

Emma Norris

Belfast

Starting at Mary Peters Track
Friday 16 June 2017

The AWARE Mood Walk is a fun-filled event which you can enjoy with family and friends. Exercise is good for you and lifts your mood, so this is the ideal way to begin the summer. The Mood Walk itself is either a 5k or 10k walk.

The Mood Walk will be compered by AWARE Ambassador and BBC Radio Ulster presenter Vinny Hurrell with free post-walk entertainment from Belfast award-winning singer and songwriter, Kaz Hawkins. On the night we will also have face painting and balloon modelling for the kids to enjoy (young and old!)

The walk will begin at the Marys Peters Track then take you through Queen’s University playing fields, Barnett Demesne, the green path running parallel to Lagan Towpath and back in to Mary Peters Track. Those wishing to do the 10k walk will then repeat this 5k route.

Times: The Belfast AWARE Mood Walk will begin at 6:30pm with registration opening at 6pm.

Registration fee: £10

Minimum donation:

We encourage everyone to raise as much as possible. The average donation is £45.



£45
will pay for
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**young people
to take a
Mood Matters
Programme
in school to
teach them
about looking
after their
mental health.**

