



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

Dalriada Festival

Altmore Street, Glenarm
Tuesday 18 July 2017

We are delighted to partner up with the Dalriada Festival to host the first ever AWARE Mood Walk on the North Coast. The AWARE Mood Walk is a fun-filled event which you can enjoy with family and friends. The Mood Walk itself is either a 5k or 10k walk.

Times: The Dalriada Festival AWARE Mood Walk will begin at 7pm with registration from 6pm. Before the walk begins, all participants are invited to take part in a short motivating warm up to lift our moods and help us get both physically and mentally prepared for the Mood Walk. The warm up will be taken by personal trainers from Inspire Gym, Larne.

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.