



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

L'derry

Ebrington Square
Friday 8 September 2017

The AWARE Mood Walk is a fun-filled event for all the family. 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. Starting off at Ebrington Square, walkers will take in the stunning sights of Ebrington Square through to St Columb’s Park and along the Waterside Greenway to Foyle Bridge then back to Ebrington Square to enjoy the free evening entertainment.

Times: The L'derry AWARE Mood Walk will begin at 6:30pm with registration opening at 6pm. Before the walk begins, all participants are invited to take part in a short motivating warm up to lift our moods and help get us get both physically and mentally prepared for the Mood Walk.

Registration fee: £10

Minimum donation:

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



£45
will pay for
3

young people
to take a
Mood Matters
Programme
in school to
teach them
about looking
after their
mental health.

