

# Coastal Walk to D'FEET MND

## MOTOR NEURONE DISEASE (MND)

Choose from 24 miles Whitstable to Broadstairs start 07.00

11 miles Minnis Bay to Broadstairs start 11.00

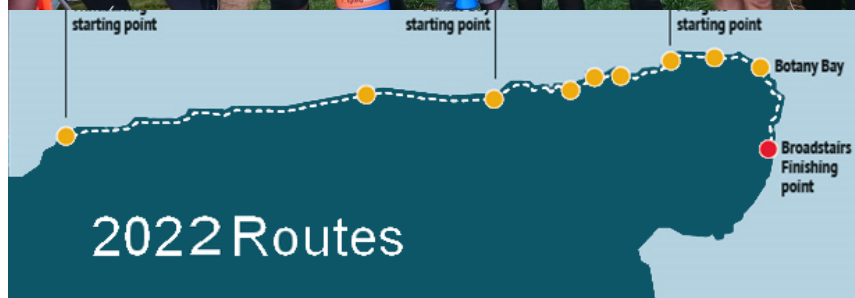
6 miles Margate to Broadstairs start 13.00

Raising money to support people living with MND

# Saturday 18th June 2022



Some walkers above and our routes below



Full details are available at [mnda-eastkent.org.uk/walk22](http://mnda-eastkent.org.uk/walk22) or [Facebook.com/mndawalk](https://www.facebook.com/mndawalk) where there will be links to download training plans, walk directions and sponsorship forms.

Register at [mnda-eastkent.org.uk/walk2022](http://mnda-eastkent.org.uk/walk2022) registration is £10 which includes T shirt and insurance.

To donate please visit <https://www.justgiving.com/fundraising/mnda-east-kent22>

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/team/CoastalWalk2022> to join our JustGiving Team.

Thanks to our sponsors, without whose support we would not be able to raise so many funds to support people living with MND in East Kent.



Registered charity No. 294354