**Mothers’ Union**

**5km challenge**

**Date: 12 October 2019\***

**Location:in your local area**

* + Could you get a group together to walk or run 5km in your local and raise money for families in need through sponsorship?
	+ Join with other groups of Mothers’ Union members across the country to do something fun and active
		- You could ask others from your Mothers’ Union branch, your church, your family and your wider community to get involved
		- Or encourage whole families to join in together,
		- Even organise it as a relay so everyone can do their bit!
	+ It could be two or three of you getting together for a social stroll or you might like to organise something bigger that involves the wider community.
	+ For those interested in starting to run, it could be a great way to kick start your training.
	+ Whatever you choose to do, this is a great opportunity to take on an exciting challenge that will empower women and support families in need.
	+ Register your interest here today or via our website: <https://www.mothersunion.org/5km-challenge>

\*We have chosen Saturday 12th October as the main date this year. However, if this doesn’t suit you then you are welcome to choose an alternative that does.