



For better  
mental health

# York and District Mind

Caring and campaigning together for better mental health

Registered Charity Number 1037603. Registered in England Number 2921142 First established 1952.

## Get Moving 4 Mind (Walk with Paolo for Bipolar) A sponsored dogwalk in Memory of Dr Charlotte Hall



A sponsored dog walk to raise awareness of mental wellbeing and to raise funds for better mental health, as 1 in 4 people experience mental distress. On Sunday 25<sup>th</sup> April 2010 starting at 11.15am for prompt 11.30am departure. At 'The Tiger Inn' The Green, North Newbald, York YO43 4SA. Sponsorship forms available from York an District Mind's volunteers and website [www.yorkmind.org.uk](http://www.yorkmind.org.uk)