

Move

Everyday

In

May!



To support **Mental Health Awareness Week 2024** we are exploring moving more and how it can have an impact on our mental health, physical health and general wellbeing. Creating a healthy bit of competition between individuals and teams!



Aim

To move as much as possible throughout the month. This could be working to work, parking a few streets away, going for a lunchtime stroll, hosting walking meetings or even star jumps on the spot.

When

The York Mind May Step Challenge starts on 1st May 2024

Who

Anyone. You can join as an individual or as a team or as an organisation. You can do this as a competition or a personal challenge.

How

It couldn't be easier! Scan the QR code below to download the simple how to guide & Step Challenge Record Sheets.



#moveeverydayinmay

justgiving.com/campaign/yorkmindmoveeverydayinmay



 **mind York**

For more information about any of the services that we provide in York and surrounding areas visit www.yorkmind.org.uk

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To have a chat about anything fundraising please contact Emma Chapman, York Mind Corporate Fundraiser emma.chapman@yorkmind.org.uk
York Mind registered charity number - 1006759, Register of Charities - The Charity Commission