



2010 COMMUNITY WALK FOR WELLBEING

Raising Funds for:



life changing.
Birmingham
St Mary's Hospice

In aid of



Care for the child,
support for the family



Nishkam Aid

**5km family walk or 10km run
for charity**

Saturday

25th September 2010

9:30am – 2:30pm

HANDSWORTH PARK

Supported by:





BIRMINGHAM CITIZENS





The True Taste of the East





Registration fee: £5
(under 10's go free)

For more information

The Nishkam Centre

0121 515 4229

info@ncauk.org

Guest Runner:

Bhai Fauja Singh

(99yr old World Record Holder)



Register at:

www.nishkam-aid.co.uk