



REGISTER NOW AT [IMNDA.IE](https://www.imnda.ie)

Inspired by the wonderful Fr. Tony Coote

Supporting vital
services of the
Irish Motor Neurone
Disease Association



**WALK
WHILE YOU
5K CAN**

**Hope starts
with one step.
Change happens
with many.**

**This September, let's walk
while we can, where we can.**

**Please organise your own 5k in your local area!
For more information visit [imnda.ie](https://www.imnda.ie)**