



Personalised Eating Disorder Support

Join Us for Our Charity Challenge!

5K A DAY IN MAY!

WALK • RUN • CYCLE **5KM** EVERY DAY IN MAY!

RAISE FUNDS TO SUPPORT PEOPLE WITH EATING DISORDERS



SIGN UP & JOIN THE CHALLENGE!

- Get your friends, family & colleagues involved!
- Log your 5Ks & share your progress!

REGISTER TODAY AT:

WWW.PEDSUPPORT.CO.UK/5KADAY

**TOGETHER,
WE CAN MAKE
A DIFFERENCE!**