

*Inspired by  
the wonderful  
Fr. Tony Coote*

WALK  
WHILE YOU  
5K CAN

Hope starts  
with one step.  
Change happens  
with many.

**THANK YOU! Together we have raised:**

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# WALK WHILE YOU 5K CAN

Hope starts  
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Change happens  
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Please come to my event and support people with Motor Neurone Disease:

**Date:**

**Time:**

**Location:**

**Contact:**

