

GLOW

for mental health

Mental
Health
UK

Let's GLOW together for a brighter future

Join hundreds of people for a **20km night walk** in support of better mental health. Walk with friends, family, colleagues – or come on your own and be part of an incredible community united by one cause.

When: Sat, 10 October, from 14:30

Where: Battersea Park, London



**Free GLOW T-shirt
+ finisher medal**

Sign up HERE



Questions? Get in touch with us at glow@mentalhealth-uk.org

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