



Men's Health Week

Try our men's health challenge

Durham Wildlife Trust in partnership with Durham Primary Care Trust invite men and boys of all ages to take part in a sponsored walk at Rainton Meadow Nature Reserve, just off the A690 near Houghton-le-Spring. Women and girls are encouraged to come and offer support.

Saturday 27th June 12.30 – 3.30pm

Easy 1 mile circuit - do as many (or few) circuits as you like.

Health professionals will be on hand to carry out (optional!) BMI checks and give general advice and men's health support groups will be available with information about men's health issues.

If you think you're up to it, phone Durham Wildlife Trust on 0191 5843112 to register and obtain your sponsor form.
(Registration costs £2.00 or £1.00 for Wildlife Trust members)

All proceeds to be shared between Durham Wildlife Trust and Men's Health charities.