



## 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 Meadows 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 group will be available with information about men's health issues.**

If you think you're up to it, complete the form below to register and obtain your sponsor form.  
(Registration costs £2.00 per person or £1.00 for Wildlife Trust members)

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

### Registration Form

Name(s) and whether children or adults.....  
.....  
.....

Address.....  
.....

Telephone.....Email.....

Wildlife Trust Member? Yes/No Amount enclosed .....

**Please return form and payment to:** Durham Wildlife Trust, Rainton Meadows, Chilton Moor, Houghton-le-Spring, Tyne & Wear DH4 6PU. Cheques made payable to "Durham Wildlife Trust".

**If you would like more information phone Durham wildlife Trust on 0191 5843112**