



NAZARETH HOUSE THE 500K/1000K CHALLENGE

Nazareth House challenges you to get out and about and to cover 500km or 1000km in one year. The 365 days begins the day you register.

You can walk it, jog it, run it or even dance it. The choice is yours. You will need to walk just 1.4km every day to cover the 500km in the year and double it to cover the 1000km. You may already be a keen walker or runner and achieve this over a number of marathons or you may be starting off from the couch to 5km, either way, do it your way.



Register today on
www.thenazarethcarefund.com

RUN, WALK OR PUSH
500KM OR 1000KM IN
ONE YEAR IN AID OF
NAZARETH HOUSE.

YOU CAN TAKE ON THE
CHALLENGE ALONE, OR
BETTER STILL, GET
YOUR FAMILY, FRIENDS
AND COLLEAGUES
INVOLVED.

REGISTER ONLINE
TODAY AND TAKE A
STEP TOWARDS A
HEALTHIER YOU.

THE MONEY YOU RAISE
IS SUPPORTING THE
DEVELOPMENT OF
NAZARETH HOUSE.

NAZARETH HOUSE

[www.thenazarethcarefund.com/
walkingchallenge](http://www.thenazarethcarefund.com/walkingchallenge)

fundraising@nazarethcare.com