

Bupa London 10,000

Run the course for Livability



Bank Holiday Monday 25 May 2009

Livability is one of the UK's biggest disability charities. We support thousands of disabled people through our schools and colleges, care homes and accessible hotels.

Whether you are an aspiring marathon runner, a budding athlete, or simply looking for an unforgettable new challenge, this 10K run promises to be one to remember.

By running for Livability, you will help us bring independence and choice to more disabled people and speak out against the injustices they face.

For more information, please call Yvette on 020 7452 2115 or email events@livability.org.uk



livability
Choices for disabled people

The new face of John Grooms
and the Shaftesbury Society

www.livability.org.uk