

MONDAY  
9 MARCH – FRIDAY  
13 MARCH 2020

# 7 things to do this **SPORT RELIEF** community groups



1 Sign up to a free group exercise class at Blackwater Leisure Centre



2 Launch a physical activity leader board



3 Walk the daily mile



4 Sign up for MDC couch to 5k programme



5 Walk or Bike to your club



6 Join a sport



7 Register for a free gym pass at Places Leisure

To donate to Sport Relief for Get Maldon Moving, please visit [www.justgiving.com/fundraising/getmaldonmoving](http://www.justgiving.com/fundraising/getmaldonmoving)

For more ideas about health and wellbeing projects in the Maldon District, please visit [www.essexmap.co.uk](http://www.essexmap.co.uk) or contact [livewell.linkwell@nhs.net](mailto:livewell.linkwell@nhs.net)

 @MaldonDistrictCouncil  
@PlacesLeisure @Livewell

 #GetMaldonMoving #SportRelief2020

For more information, please visit [www.maldon.gov.uk/getmaldonmoving](http://www.maldon.gov.uk/getmaldonmoving)

