

# Mental Elf

## Park Runs

**When:** Various dates throughout November

**Who:** Everyone is welcome to attend (please check with individual park runs regarding any age restrictions)

**How:** Register at your chosen Park Run/s and we will see you there. It is free to take part.

**Where:** Various location in Lancashire. Full list will be available nearer in October.

**Why:** This is a great way to warm up for both the virtual event and/or the 5k fun run. It's a chance to meet the Lancashire Mind team and others at your local Park Run.

Participants will receive:

- The chance to meet Lancashire Mind staff and find out more about the charity and the Mental Elf virtual event and 5k fun run.
- The chance to take part in a local Park Run and meet people in your local community.

