

Be Kind



*Suicide Prevention and
Mental Health Awareness*

WALKERSTON, 21 OCTOBER 2018

3KM DASH // 5KM FUN RUN // 10KM CHALLENGE

Dear Parents, Caregivers and Students,

I would like to invite your whole school community to take part in the 5th Annual Mackay Sugar Run for MI Life Fun Run, which will be held on 21 October 2018 at Wests Leagues Club, Walkerston. The fun run will be followed by breakfast from 7am until 10am. This run really is a fantastic local event that is very popular and heaps of fun! The event is held in honour of my brother, Matthew Ivory, who we lost to suicide on 19 October 2012. We are hoping to raise awareness and generate funds to support suicide prevention and awareness in our local area.

We are encouraging everyone to register and get involved as this topic affects everyone. Families, prams, dogs, scooters and walkers are all welcome! Please go to our website to register and find out more. Sponsors are still needed or you may like to make a donation. Also, you and your children will receive a "Run for MI Life" runners shirt with your registration (if you register prior to 10 August 2018). If you would like more information my mobile is 0408 079 471 or you can "like" us on Facebook for updates. Thank you.

Kind Regards, Jo Shanks

REGISTER NOW! WWW.RUNFORMILFE.ORG.AU

