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# Walk to Remember 2020

Walk 5k or 10k this October, in memory of a loved one to raise funds and support people through the most difficult times of their lives.

Get together with family and friends and choose your own walking route, which might include a place that is special to you.

You can take part on any day this October or on our official walk day 17 October.



**Sign up now:**

call: **0808 164 4572**

email: **walktoremember@sueryder.org**

visit: **www.sueryder.org/walktoremember**



palliative, neurological  
and bereavement support