

RUN FOR MENTAL HEALTH

A FUNDRAISING 5-10K RUN
FOR BODYWHYS



- Get a sponsor
- Run (or cycle/walk) 5-10k
- Donate raised money to the Gofundme (link below)
- Screenshot donation receipt
- Upload the screenshot to your insta story
- Tag our account @run.mentalhealth and 5 more to take part as well
- Email any questions about getting involved to us

Links and Emails

GoFundMe:

<https://www.gofundme.com/f/walk-or-run-in-aid-of-bodywhys>

Emails: c.davison@students.st-andrews.ie, a.tyler@students.st-andrews.ie, or ri.mcdonnell@students.st-andrews.ie