

10KM

MOUTH CANCER  
AWARENESS

WALK  
FROM HOME

WEDNESDAY 01 OCTOBER UNTIL SUNDAY 30 NOVEMBER



CREATE A ROUTE AROUND YOUR LOCAL AREA  
WITH A **TOTAL DISTANCE OF 10KM**

This could be any combination such as **1x10KM, 2x5KM or 10x1KM**  
The route can be completed in one go or over several days

Visit our website for more information  
**WWW.MOUTHCANCERWALK.ORG**  
info@mouthingcancerfoundation.org

