

10K

MOUTH CANCER
AWARENESS

WALK
FROM HOME

THURSDAY 01 OCTOBER UNTIL MONDAY 30 NOVEMBER



CREATE A **10 KM OR ULTRA 20 KM** ROUTE
AROUND YOUR LOCAL AREA

The Ks can be completed in one go or over several days!

Visit our website for more information

WWW.MOUTHCANCERWALK.ORG
info@mouthcancerfoundation.org



Mouth Cancer
Foundation Walk