

Saturday 3 September

Sponsored Cycle Ride & Walk starts from Headway and finishes at Orwell Country Park | Free burgers*, refreshments & outside games

Minimum sponsorship £50 | All welcome at Orwell Country Park | Burger van & refreshments *Burgers free to cyclists & walkers only

Tel 01473 712225 Email helenmfairweather@headwaysuffolk.org.uk www.headwaysuffolk.org.uk/events