



**RAMH**  
recovery across mental health

**UWS**

**WEST COLLEGE  
SCOTLAND**



# RACE TO RECOVERY



**FRIDAY 29<sup>TH</sup> MARCH 10AM**

## **FUN RUN for Everyone!**

RAMH want to celebrate the journey that everyone is on to improve and maintain good mental health. Some people have come a long way others still may have a long road ahead. To mark this we are planning a fun run with a difference.....you pick your distance! So whether you want to challenge yourself to a 10k or look just to be involved by walking 100m we want you to show that you care about your own and everyone else's story.

## **RAMH RACE TO RECOVERY**

**Robertson  
Trust Sports  
Centre UWS  
Campus**

Caplethill Rd,  
Paisley PA2 7TR

**RUN FOR  
YOU!**

**RAMH**

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