



Elusennau Iechyd  
**HYWEL DDA**  
Health Charities

# 60 IN SEPTEMBER

## Are you up for the challenge?

All you need to do is dream up an activity based around the number 60 that suits your skills and complete it during September.

This could be something as simple as pledging to run or walk 60 miles, doing 60 press ups a day or 60 random acts of kindness.

Whatever your age or ability, you can take part.

Sign up here:

<https://60inseptember21.eventbrite.co.uk>

or contact us at

[fundraising.hyweldda@wales.nhs.uk](mailto:fundraising.hyweldda@wales.nhs.uk)



[hywelddahealthcharities.org.uk](http://hywelddahealthcharities.org.uk)

 HywelDdaHealthCharities

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#MakingADifference