



Sunday 29th November

Sign up by 8th October for our Eager-Elf discount.

Mental Elf

festive fun run

 mind in Harrogate District



Mental Elf

festive fun run



Sunday 29th November
Run starts 11am
Conyngham Hall, Knaresborough

Come together with your community this festive season for our Mental Elf 5K - a fun, family-friendly event to support young people's mental health.



You can run, walk, or jog at your own pace. Everyone is welcome - families, children, dogs, teams, and individuals of all abilities.

For more information on the route, or other FAQ's visit the link below.

Book your tickets now:

mindinharrogate.org.uk/mentalelf



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District