



**Sunday 30th November**

Sign up by 30th September for our Eager-Elf discount.

# Mental Elf

**Festive Fun Run**

 **mind** in Harrogate District



# Mental Elf

## Festive Fun Run



**Sunday 30th November**  
9:30am registration. 11am Start.  
**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](http://mindinharrogate.org.uk/mentalelf)



Kindly sponsored by:



**Strive Group**

 **mind**  
in Harrogate  
District