



**Active
every
day...**

**...to beat
the blues
away.**

Register for FREE at
redtogether.co.uk

**Support your mental health this
January by doing something
active every single day.**

If it's running 5k, or walking to work a new way, a morning swim or just taking the bike for a spin – join the thousands of people around the UK kick-starting their 2019 in the most positive way.

