

YOUR INVITATION

We're inviting you and your family to celebrate a great national institution in an active, fun and typically British way.

Join us at Aintree racecourse for:

- Dogs from Merseyside Dogs Home
- The Doughnut Wall
- Face Painting
- Music
- Family fitness walk around Aintree Racecourse
- Free health and wellbeing advice from experts including NHS, the Life Rooms, Samaritans, Chaplaincy
- History display.

Supporting
NHS70



NHS

Mersey Care
NHS Foundation Trust

Community and Mental Health Services



Aintree Racecourse, 7 July 2018, 10.30am to 2.00pm

FREE FAMILY FUN

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7 July 2018, 10.30am to 2.00pm

The event will start with a healthy walk around the Aintree racecourse itself.

Inside, we'll cut a cake to mark 70 years of the NHS. There will be family friendly activities including face painting, balloons and a visit from the rescue dogs.

There will also be historical photos, health and wellbeing advice and a chance to chat informally with experts and clinicians from across Mersey Care's diverse range of services.

Everybody is welcome!

