

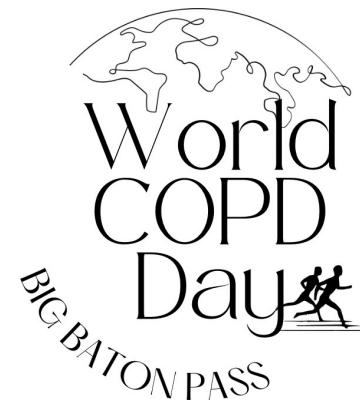
In support of



World COPD Day

Big Baton Pass

15th November 2023



Join us on World COPD Day to raise awareness of the impact of living with COPD, and the benefits of staying active.

We will be encouraging people to record your miles, minutes of activity, or steps.

You could join as an individual, adding in any day-to-day activity you complete.

You could create a team to record miles, minutes, or steps as part of a relay.

You could do a mega solo activity challenge.

Whatever your choice, every step, minute, and mile of activity counts towards our cumulative total!

We are inviting you to get creative on the day, doing whatever activity you want in whatever way you would like, walking, cycling, rowing, kayaking, paddle boarding, swimming, skiing, ... TUG OF WAR?

The wackier or more unusual the activity, the better! Be as creative as you want!

To mark World COPD Day around the world, and to bring everyone together, we will be passing a virtual baton between countries hosting teams. Think Olympic torch relay, but virtual, and with no fire.

Contact Ruth Barker on rbarker256@gmail.com or Russell Winwood on rwm15@hotmail.com for more information or to get involved.