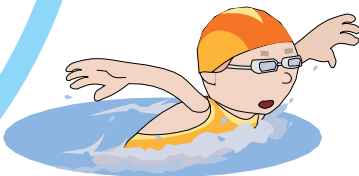
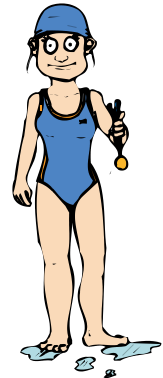
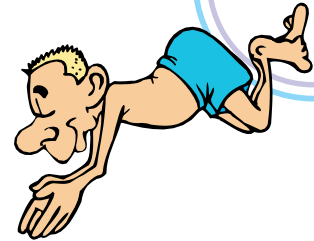
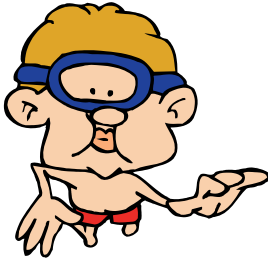


Newport Mind hosts

Swim The Channel

Swimathon (in a pool)



Swim for a LOCAL Charity

We need swimmers to swim a distance of their choice to help make up our grand total of 35,000 metres (1,400 lengths) Proceeds go towards supporting people within Newport who experience mental health difficulties

All participants must be over 18 years of age.
£5 Registration Fee. Contact Lyn Healy on 01633 258741 or go to www.newport-mind.org for an application form.

Venue: Newport International Sports Village
Date: 11th July 2009 Time: 1pm to 5pm