



# Save the Date

**What?** We want as many schools & early years settings around Northern Ireland to get moving on the same day, to celebrate the positive benefits that daily activity can have on our mental health.

Grab your Christmas hat or jumper and join us for Northern Ireland Does the Daily Mile Santa Run

**When?** Join the rest of Northern Ireland doing their Daily Mile Santa Run anytime between 09:00 and 15:00 on **Friday 3rd December 2021**

**Why?** Every signed-up setting will receive a free, downloadable pack containing fun resources for the day.

**Contact** For information and to register please visit: <https://www.eventbrite.co.uk/e/northern-ireland-does-the-daily-mile-santa-run-registration-199702354117>

