



Run with Dr Mel on 5th May to help celebrate her 70th Birthday and raise vital funds for Age UK Birmingham and Age UK Sandwell

To celebrate her 70th birthday, prominent Birmingham physiotherapist and advocate of older people's health, Dr Melrose Stewart MBE, is taking part in the AJ Bell Great Birmingham Run on 5th May 2024. She will be raising money for Age UK Birmingham and Age UK Sandwell

“This year I will be celebrating my 70th birthday and to mark this great milestone, I am planning to run my first official half marathon. Why? Because I recognise that many people my age are not as fortunate as I am to have good health. Faced with physical, as well as mental health challenges, many older people suffer in silence and struggle to complete the simple daily tasks many of us take for granted.

All donations will be used by Age UK Birmingham and Age UK Sandwell to support older people to remain independent, stay connected and enjoy a good quality of life.” - Dr. Mel

To find out more and register, visit our website:

<http://tinyurl.com/AUKBMeIRun>

