

STEP UP TO STOP CLOTS

GET INVOLVED



Reach your daily target and step up this month for Thrombosis UK.

Many blood clots can be prevented – keeping mobile and well hydrated is important, so in 2018 we would love you to join us and ‘Step Up to Stop Clots’.

			1 STEP UP, IT'S GO TIME	2	3	4
5 TAKE THE STAIRS	6	7	8	9	10	11
12	13	14 WALK TO WORK STEP IT UP	15	16 HALFWAY POINT KEEP STEPPING	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 YOU STEPPED UP! WELL DONE	

Visit: thrombosis.org/fundraising

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