

#RunAndTalk

Running with a club can be a great way to improve not just your physical health, but your mental health as well.

Skipton AC is proud to support this important mental health initiative and we plan to continue a programme of activities and support for members in the future.

Further information on mental health issues and the impact that exercise can have is attached below:

Further RunAndTalk information

YouTube Video: [YouTube.com/watch?v=3w9CQPb1KYg](https://www.youtube.com/watch?v=3w9CQPb1KYg)

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codes-of-conduct-volunteers

Complaints-Disputes-Policy-1