



**Big Red**    
**Roll + Stroll**  
for muscular dystrophy

**Join us at the Big Red Roll + Stroll virtual event to celebrate and connect with our neuromuscular community!**

Gather your family and friends, and together we can raise vital funds and help shine a light on these rare conditions.

**Sunday, 20 March 2022**



Challenge yourself to run, roll or stroll for 3km, 5km or 10km on a route of your choice followed by a virtual celebration at 12pm



Make a team of family, friends, workmates, school friends, or come along solo!

Scan to sign  
up!



[www.mdns.org.au](http://www.mdns.org.au)

**MUSCULAR  
DYSTROPHY**  
**NSW** YOUR NEUROMUSCULAR  
SUPPORT COMMUNITY