

# ***Run for Nasc, Run for Families***

Run for Nasc, the Irish Immigrant Support Centre in the Evening Echo Women's Mini Marathon on September 16<sup>th</sup> 2012!

## **Support Nasc's work re-uniting war-torn families**



### **What you need to do:**

**Step 1:** Sign up to run at [www.corkminimarathon.com](http://www.corkminimarathon.com)

**Step 2:** Register to fundraise for Nasc at [iDonate](http://iDonate)

**Step 3:** Get donations from your friends and family

**Step 4:** Run with us on 16<sup>th</sup> September

**T-shirts for participants and a prize for the highest donation!**

For more information, visit our website at:

[www.nascireland.org](http://www.nascireland.org) or

Email: [marguerite@nascireland.org](mailto:marguerite@nascireland.org)

