



Muscular Dystrophy Campaign Tesco Charity of the Year 2009



CHALLENGE EVENTS



Fancy a challenge at home or abroad?
From diving with sharks or a city abseil,
to trekking world famous landscapes in far
away countries – there's something for everyone!

To find out how you
can get involved,
call the **Tesco Hotline**
0845 872 9058*

www.muscular-dystrophy.org/tesco

Mon-Fri 9.00am-5.00pm (voicemail out of hours)
*Calls cost 7p, plus up to 2p per minute for BT Calling plans.
Other providers may vary.

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