

SUPPORT ILF- RUN WITH MEDI DURING THE ILF 2018!

Dear participants of the ILF Congress 2018,

As a Platinum sponsor of the ILF Congress 2018, medi is organising a fantastic activity during this upcoming event in Rotterdam.

Everyone knows how exercise plays a key role in the treatment of Lymphoedema and Lipoedema; and how great it is to move together in an inspiring environment with like-minded individuals.

Therefore, instead of holding a scientific workshop, medi decided to organise a walk/run event to promote such exercise, to be held during the Congress event on **Saturday, the 9th of June, 2018.**

The start is at 8:00am, and there will be three routes to choose from- 1 km for the youngest participants; and a choice between either 3 or 5 km routes for all other participants. Running, walking, or both!

The routes will run along quays, stores and trendy venues, all sign-posted and with medi-volunteers on hand, to offer assistance where needed; and experienced trainers will take care of you in small groups and lead you around the event routes.

The routes will start from the gangway of the SS Rotterdam and will cross over both the Quays and the Katendrecht district of Rotterdam. Katendrecht was originally a shipping district, also with a famous red-light district. Today it is a trendy neighbourhood that has been transformed into a modern area, maintaining the influences of the past. The most well known Tattoo shop in the Netherlands is located 300 meters from the ship!

For those who are unable to participate, or prefer other forms of exercise, medi can also offer the opportunity to take part in a group yoga session, located on top of the SS Rotterdam, on the deck and in the sun (in the event of rainy weather we will go inside!); a yoga master will offer a spiritual morning greet in a workshop to ensure you can start the last day relaxed, and in optimum condition in both body and soul.

Fee for participation:

- 1 km- € 3;
- 3 km- € 5;
- 5 km- € 10;
- Yoga- € 10;

All participants will receive a pair of CEP running socks and an Event shirt;

The money raised by the event will be given to the ILF to support one of their projects regarding developing countries.

We hope for a huge turnout and so would like to see you on the 9th of June at the SS Rotterdam! Everybody can join- professionals; patients; and their families.

REGISTRATION CAN BE DONE VIA THE ILF WEBSITE- WWW.2018ILFCONFERENCE.ORG