

Letter to the editor – Michael Lynagh

Letter from Michael Lynagh former Australian rugby union footballer

Dear Editor,

I'm inviting your readers to get their walking boots or trainers on for the Stroke Association and sign up to the summer marathon challenge, Walk Your Way.

In April 2013 a year after my own stroke I took on the London Marathon. It was a huge step in my recovery and helped to draw attention to this devastating condition while raising money for a wonderful charity that I'm proud to be an ambassador for.

Walk Your Way takes place between 17 June and 1 July to raise money to support stroke survivors and their families. You can walk the whole 26.2 miles in one go, do it over a few days or spread the distance over the two-week period and get sponsored to do it. It's your chance to take on the distance of a marathon on your own terms.



For many stroke survivors, like me, getting your life back means overcoming life-changing disabilities and emotional difficulties. By taking part in Walk Your Way you'll be helping to reduce your own risk of stroke, and the vital funds you'll raise will help the charity to support more stroke

survivors to regain their independence.

Sign up to Walk Your Way now: stroke.org.uk/WalkYourWay

Yours sincerely,

Michael Lynagh