



Hope Hike



ARE YOU READY FOR HOPE HIKE 2024?

All health begins with mental health, but with all the stresses of modern-day life, everyone's mental health is at risk. Depression and anxiety are biological illnesses that require treatment. You can make a difference to help break the stigma around mental illnesses by joining us at the Hope Hike at Delvera OR for your very own virtual Hope Hike on Sunday, 27 October. All funds raised go towards the Ithemba Foundation (Ithemba means 'hope') to support research into mental health.

WHEN:

Sunday, 27 October 2024

WHERE:

Delvera, Stellenbosch, Cnr. R44 and Muldersvlei Road OR Choose your own route for a virtual Hope Hike.

HOW TO ENTER:

Make your way to <https://www.entryninja.com/events/> and follow the easy instructions.

- Entries for the Delvera events are open until 25 October.
- Entries for the virtual Hope Hike are open until 25 October.

ENTRY FEE: R80 for all events

TIME:

7km Klapmutskop Hope Hike 07h30
10km Hope Hike 07h35
5km Hope Hike 07h45
OR Start at any time for your virtual event.



Don't forget to post your selfie and your entry number onto Ithemba's Facebook or Instagram pages by Tuesday, 29 October.

IthembaFoundation1
 @ithembafoundation

PLUS!

Stand the chance to win fantastic prizes at both the in-person and the virtual events.

DID YOU KNOW?

October is South Africa's Mental Health Awareness Month and 10 October is World Mental Health Awareness Day. Raise awareness about mental health by wearing your sky-blue ribbon for depression awareness during the month of October. Blue is the colour of optimism, peace, positivity, tranquillity, calmness and hope. To find out more: www.ithembafoundation.org.za

When Is The Next Intake In Ithemba For 2015

Chao Zhang



When Is The Next Intake In Ithemba For 2015:

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