



**Work Hard
Play Hard
ROW HARD**

**ROW
HARD**
for Neuro-disability

City event of the year – 15 September

A 'land-based' Rowing Challenge aboard HMS Belfast

15 September 2010, 18.00 – 22.00

Register now to avoid disappointment, places are just £30 per person which includes refreshments.

Row, relax, socialise and network

Take in the fabulous London views from the decks of the historic HMS Belfast.

Row Hard for Neuro-disability is a new and exciting charity event created by City workers, for City workers, in aid of the Royal Hospital for Neuro-disability.

“Wow, this event is going to be so much fun, I can't wait! Being aboard HMS Belfast will be amazing.”

Louisa Reeve, Olympic Rower



Royal Hospital for
Neuro-disability

A national medical charity
Registered charity number: 205907

For more information or to sign up go to:
www.rhnrowhard.org.uk

The City Rows for Charity