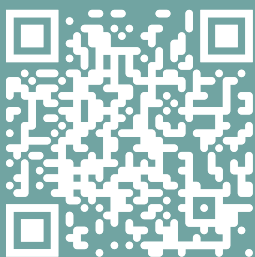




# GOING OUTSIDE TO FEEL HAPPY INSIDE.

Dilwara has a rare Endocrine condition, but that doesn't stop her. Taking regular walks in nature brings a sigh of relief.



Watch  
Dilwara's  
story



For little ways to move more with health conditions in **Blackburn with Darwen** visit [weareundefeatable.co.uk/bwd](https://weareundefeatable.co.uk/bwd)

Proudly supporting  
**WE ARE  
UNDEFEATABLE**