

Dilwara's Story

Proudly supporting
**WE ARE
UNDEFEATABLE**



This is Dilwara.

She has an illness that causes problems with her hormones.

Hormones are needed to help make the body work properly.



The hormone changes make her feel tired, have headaches and kidney stones.



Dilwara is a wife and a mum to three children.

She has a good job and helps in her community.



Dilwara started walking along the canal to raise money for a charity.



Dilwara loves walking along the canal because she likes being by the water and seeing nature.

The paths are flat and clean and you can't get lost.



Walking has helped Dilwara.

After walking and being outside in the fresh air, Dilwara says she sleeps better.

