



Take an ordinary Wednesday, shake it up, turn it upside down, have a fun crazy day



and raise lots of money for our charity!

The Lily Foundation is raising money to find a cure and to help people with Mitochondrial Disease.

Mitochondria are the batteries in every cell in our body. They produce the energy to make our organs work. Mitochondrial Disease stops these batteries from working, leading to serious and sometimes fatal illnesses.

Please help us raise money and make a difference to someone's life.





The Lily Foundation – Fighting Mitochondrial Disease www.thelilyfoundation.org.uk