

# Jog Jan for Pan Can



## 1 Sign up



[Panact.org/JogJan2023](https://Panact.org/JogJan2023)

## 2 Choose your distance

## 3 Set up your page

## 4 Get running



Saving lives through early diagnosis

**FOR MORE INFORMATION**

 [panact.org](https://panact.org)  0303 040 1770

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