



**HELP for
HEROES**
Support For Our Wounded

**INVICTUS
GAMES**
TORONTO 2017



Get behind the
UK Team competitors
and discover their
inspiring stories as
they proudly represent
their country again

Don't Miss Out!

This is your chance to be a part of the Invictus Games and proudly cheer on our Help for Heroes competitors. Tune in to **BBC One** to see sport highlights and watch interviews with the UK Team.


The scheduled programmes are as follows:

Sunday 24 September	5.30–6.30pm
Monday 25 September	7.30–8.00pm 8.30–9.00pm
Tuesday 26 September	7.00–7.30pm
Wednesday 27 September	7.00–8.00pm
Thursday 28 September	8.00–9.00pm
Friday 29 September	8.30–9.00pm
Saturday 30 September	5.10–5.40pm
Sunday 1 October	5.00–6.00pm



 /HelpforHeroesOfficial

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 @H4H_SR