



**Join  
our  
team!**

# 24 HOUR challenge



FRIDAY 3 TO  
SATURDAY 4



**JUNE  
2022**

Help us raise more than a sweat by completing your challenge at home, in the community or at your local gym – the options are endless. You can choose to run, walk, swim, cycle, or find a creative way to be active for 24 consecutive hours – it’s completely up to you. Your participation will help Very Special Kids raise much-needed funds for children and young people with life-limiting conditions and their families. Contact your team captain to get involved.

**24hourchallenge.org.au #24hourchallenge**

**TEAM CAPTAIN:**

**CONTACT DETAILS:**

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