



**3,139** / **24**  
PUSH-UPS DAYS

# HELP US PUSH FOR BETTER MENTAL HEALTH

Let's put the spotlight on mental health.  
Take on the challenge from June 1 – 24.

**SIGN UP NOW**

Register today and #pushforbetter  
[www.thepushupchallenge.com.au](http://www.thepushupchallenge.com.au)

Proudly supporting

