

THE PUSH-UP CHALLENGE

Helping Australia

#PushForBetter

Mental Health

3,318

PUSH-UPS

25

DAYS

Help us put the spotlight on the 3,318
Australians who lost their lives to suicide in 2019. (ABS)

Take on the challenge **June 1 - 25**

Join us!

DAMASCUS COLLEGE

Register now at www.thepushupchallenge.com.au

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Lifeline