

5th October -1st November = 28 days



SCHS
Sunraysia Community
Health Services



The 10,000
Steps
Challenge
2020

How to get started?

1. Form a team of up to 20 people.
2. Visit www.schs.com.au/10000steps and follow the online registration process.

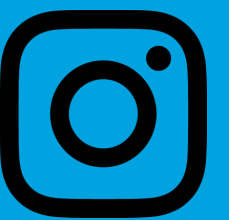
Participation is FREE and open to all ages and abilities.

Registration opens on Monday 17th August & closes Friday 25th September, 2020.

The 10,000 Steps Challenge will start on Monday October 5th and end on Sunday 1st November. Visit www.schs.com.au/10000steps to find out more!

Contact our Health Promotion team
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Or Sarah Carn on P (03) 5021 7622
[@SunraysiaCommunityHealth](https://www.facebook.com/SunraysiaCommunityHealth) (Facebook)
Sunraysia Community Health (Instagram)
www.schs.com.au/10000steps

this is a
FREE
activity



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