

STEPtEMBER AND R U OK? COLLABORATION

STEP UP & CHECK IN

We're so proud to announce that **STEPtember** & **R U OK?** are joining forces to create even more IMPACT this September!

Every move you make, every conversation you start, and every dollar you raise, will support the **1 in 3 children with cerebral palsy who will experience at least one mental health condition.**

We're inviting you, and your colleagues, friends and family to join us in the following:



STEP UP & CHECK IN WELL-BEING WALK

12pm on 12 September.

Pick a place and encourage your staff to get their steps up on a well-being walk together.



JOIN THE AMBASSADOR WEBINAR

After your well-being walk, join our 'STEPtember & R U OK? Ambassador Webinar' at **1pm on 12 September.** Hear eye-opening experiences from STEPtember and R U OK? Ambassadors and understand the power of your impact. [Register your interest here.](#)



SHARE YOUR EXPERIENCE

Share your thoughts about the well-being walk and ambassador webinar with your friends and colleagues. Story-telling is a powerful way to foster change and can start a ripple effect that helps people feel seen and valued. [Click here and select 'Organisation' tab to download social tiles.](#)



GET YOUR ORGANISATION INVOLVED TODAY!

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