



“Did you know that three million Australians are currently experiencing anxiety or depression? Every day, seven people take their own lives”.

A fundraising event for this campaign requires a challenge that will test the limits of an individual. Test the ability to overcome the mental barriers and focus on the purpose behind the cause. This challenge requires a positive frame of mind, focus, and strength in both physical and mental.

CHALLENGE: 100km Ultimate Row
DATE: Saturday 19th November 2016
VENUE: Goodlife Health Club, Carousel, Cannington, WA
TIME: 7:00am

I work in an industry where we witness individual's battle the effects of depression, anxiety and suicidal thoughts every day. Therefore, **beyondblue** is one that is very close to my heart. Whilst overcoming and managing the illness that I too fight daily, I have now prepared myself to take on the challenge solo and be a voice of support to all those affected.

With the support of **Goodlife Health Club**; Carousel in Cannington, **Muscleworx** Cannington and **Serco** we would like to invite you to register a team to work together and accumulate the 100km row with the help of your friends, work colleagues or/and family members.

Get your teams now.

- Maximum 10 members per team.
- Registrations can be made through Goodlife Health Club, Carousel.
- Donations will be accepted up until Sunday 25th December 2016.
- If you are willing to get on board and show your support we welcome you all.

The purpose behind this event is to;

- Increase the awareness and support for those dealing with mental illness.
- Be a voice for those that feel they can not speak.
- Lift an innocent soul out of the darkness.
- Give a positive hand.
- Support **beyondblue** by getting behind their valuable cause.

Are you Head Strong?

