

YOUTH OPPORTUNITIES

MAKE - OR - BREAK CHALLENGE



**change a habit.
Change a life.**

- 1 Take the challenge:** Commit to Make-or-Break a habit for 21 days, from May 1 to May 21
- 2 Join Solo or with a Team:** Sign up individually or rally your friends and colleagues to join you as a team
- 3 Spread the word:** Reach out to your friends, coworkers and community for their support through donations
- 4 Transform your Lifestyle:** By the end of the challenge, you'll be well on your way to embracing a healthier habit
- 5 Make a Difference:** The funds you raise will directly impact Youth Opportunities, transforming the lives of young Australians in need

Join today

makeorbreak.org.au

spread the word!

Learn more

