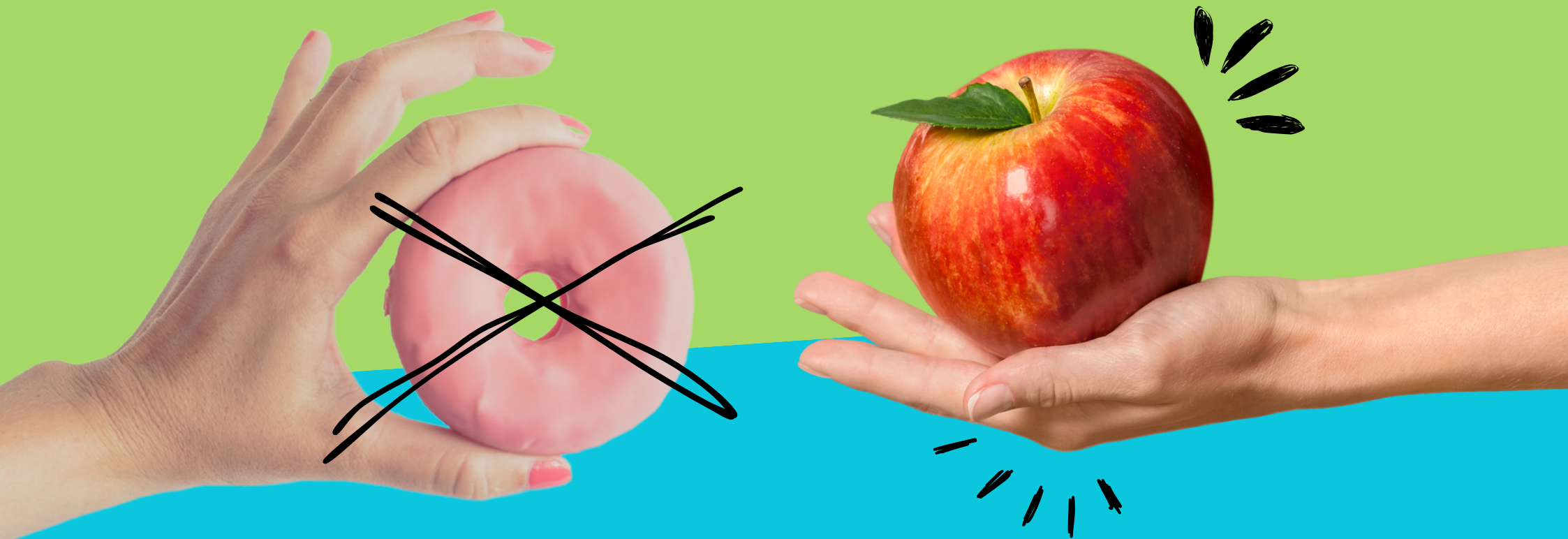


★ YOUTH OPPORTUNITIES

# 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](https://makeorbreak.org.au)

spread the word!



Learn more

