



Take the Challenge!



Are you up for the Challenge?

Take the 5km Age Run Melbourne with us openyourheart.org.au and Challenge - supporting kids with cancer.

Run or Walk with us :)

To register: www.runmelbourne.com.au - enter the team name www.openyourheart.com.au

To make a donation and to get people to support your run go to:
<https://runmelbourne2015.everydayhero.com/au/www-openyourheart-org-au>

5 km The Age Run Melbourne
Starting at St Kilda and Linlithgow Avenue
Finishing at Birrarung Marr, adjacent to Federation Square
Date: Sunday 26th July 2015
Time: 8.00am to 12.00pm

Did you know that:

\$50 provides a monthly morning tea for parents who have a child in hospital.

\$75 provides a playgroup session for a young child to enjoy mixing with others at the Challenge Family Centre.

\$100 gives a Challenge mum a relaxation massage at the Challenge Family Centre to help relieve stress.

\$125 provides a Music Therapy session to comfort a child and help them express their feelings through music in their own home.

\$150 provides a monthly dinner at the hospital giving Challenge parents a home cooked meal with other parents in a similar situation.

*If you cant run, please support us with a donation.
Every little bit can make a huge difference to these kids and their family.*



Kids supporting kids in need

Registered Challenge Fundraiser: 2015019