



This year I'm taking part in K's for R U OK?

to build a healthy habit, strengthen connections and raise funds and awareness for R U OK?



I would love it if you could support my efforts by donating – scan the QR code to open my page.

Thank you so much for your support.

By encouraging people to take the time to ask 'are you OK?' and listen, we can help people struggling with life to feel connected and supported.

#KsforRUOK
ksforruok.ruok.org.au

