



# K's for R U OK? is back for its 5<sup>th</sup> year!

**We'd love to have you join thousands of Australians this July in creating healthy habits, strengthening connections and raising funds and awareness for R U OK?**

K's for R U OK is free to join and open to everyone.

All ages and abilities are welcome, and you can run, walk, wheel, ride, row or paddle to hit your weekly goal.

Grab a friend or two to make it even more fun.



To find out more, scan the QR code or go to [ksforruok.ruok.org.au](https://ksforruok.ruok.org.au)



**RUOK?**<sup>TM</sup>  
A conversation could change a life.