

STEP into SPRING

Transplant Community Challenge

Need some motivation to get moving?

Introducing the Step into Spring
Transplant Community Challenge.

Transplant Australia invites you to join us for a
30-day challenge where every day we strive to
be just a little better than the day before.

This challenge is for everyone. For transplant
recipients, those waiting or on dialysis, clinicians,
carers, family and friends. For those yet to start
their journey back to being fully active to those
looking to keep up the momentum.

IT'S ABOUT:

- Movement • Motivation • Wellness
- Stretching • Discovery • Connection

We want to build a healthier more connected
transplant community. A community where we
support each other back to living life well.

It all starts September 1

**Download the app and sign up today
or visit transplant.org.au**



**DOWNLOAD
APP HERE**

