

Paramount Health & Fitness Fundraiser



The team at Paramount Health and Fitness want to support Support After Suicide with a 3-hour rolling challenge this World Suicide Prevention Day.

Paramount members and Support After Suicide supporters are invited to take part in this three-hour rolling challenge to remember the 3,249 Australians lost to suicide in 2022.

Participants are encouraged to make a donation to Support After Suicide during the event.

Paramount are generously donating a prize for a raffle that participants can win in the challenge.

We are very grateful for the support of Brent and the Paramount team this World Suicide Prevention Day.



The details

Participants can come down to Paramount at any time between 7am and 10am, and join in.

Date

Saturday 14 September
7am – 10am

Where

Paramount Health and Fitness
142 Union Road, Ascot Vale Victoria

RSVP

If you would like to register your attendance or would like to find out more, please contact Colin on **1800 943 415** or email at **colin.charles@jss.org.au**

ParaMount
HEALTH AND FITNESS
REAL PEOPLE-REAL RESULTS-UNREAL CULTURE

www.paramounthfc.com.au