

# SHUT UP! FOR MND

**THUR 29 SEPT 2022**

**I am taking on The Shut Up! For MND  
Challenge in honour of those who have lost  
their voice to MND.**

**SUPPORT ME**



**SCAN TO MAKE A DONATION OR  
VISIT [SHUTUPFORMND.ORG.AU](https://shutupformnd.org.au)**

