# Move your butt this June to help beat bowel cancer

Move Syour Bowel Cancer No

Calling all Kiwis young, old, fit or unfit – to move your butts this June. You don't need to run a marathon, we just want to get you moving!

# Here's how it works



# **Get ready**

Sign up and set your challenge at moveyourbutt.org.nz



## **Get set**

Get friends, whānau and colleagues to sponsor your challenge and raise vital funds for bowel cancer.



### Move

Get moving and smash your challenge goals!

To sign up or for more information, hop online:

- moveyourbutt.org.nz
- f @ #moveyourbuttnz



