

# SOLDIER ON



## SOLDIER ON'S 24HR CHALLENGE

As a community we're stronger together in support of service families

[www.charidy.com/soldieron](http://www.charidy.com/soldieron)



### GUIDELINES

- 1 Arm wrestle with a mate, colleague, loved one or even pet
- 2 Take a photo or video while you do it
- 3 Go to [www.charidy.com/soldieron](http://www.charidy.com/soldieron)
- 4 Donate and upload your photo. All donations will be doubled
- 5 Share on socials and tag others to get involved. Use the hashtag **#strongertogether18**

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