



# I'M ROWING TO BUILD A MENTALLY FIT FUTURE

Support my rowing efforts today!

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SPONSOR US!

WE WILL BE ROWING FOR 24 HOURS TO RAISE MONEY FOR MENTAL FITNESS! A CAUSE CLOSE TO OUR HEART!

JOIN US!

## JOIN US

JOIN OUR ROSTER OF ROWERS AND HELP US COMPLETE 24 HOURS OF ROWING!

**WHEN:** 13-14 SEPTEMBER 2025, 12PM-12PM AEST

**WHERE:** PCYC SHOALHAVEN, 72 PARK RD, NOWRA NSW 2541

**WHAT:** SELECT 1 OR MORE 15 MINUTE TIME SLOTS AND ROW YOUR BEST TO HELP US GET TO 24 HOURS

JOIN BY SCANNING THE QR CODE TO THE RIGHT OR FOLLOW THIS LINK: [HTTPS://SIGNUP.COM/GO/NPMSYLJ](https://signup.com/go/NPMSYLJ)



TEAM VETERAN



TEAM PCYC SHOALHAVEN