

IT'S



TIME

1-31



OCTOBER

Move your body every day for the month of October and you can help raise money to help prevent youth suicide.

TO



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MOVE

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All proceeds help young people at risk

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READY.
SET.

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1-31

OCTOBER

Improve your own mental health while you raise money for others.

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SIGN

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OCTOBER

UP.

Improve your own mental health
while you raise money for others.

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THAT'S YOUR FIRST MOVE.