

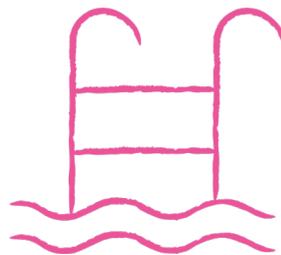
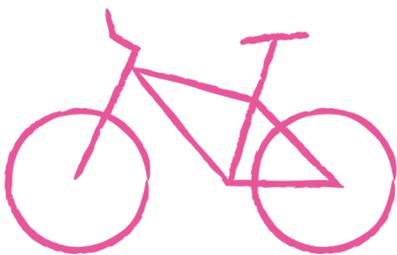
CHANGING LIVES ADVENT CHALLENGE



Advent marks the start of a season of preparation that looks forward to the celebration of Christmas.

The Changing Lives Advent Challenge begins on the first day of advent, Sunday 28 November, and will end on Friday 24 December.

This is a virtual challenge so you can take part anywhere in the world, in your own time and at your own pace. You can set your own target for each day of advent whether it be running, walking or cycling! Do the challenge with your friends, family or colleagues.



To reach as many people as possible, share what you're doing on social media and make sure to tag us in your posts.

f [@ChangingLivesCharity](#) Set up an event on Facebook, and share your JustGiving page with friends and family.

ig [@changinglives_uk](#) Why not keep people in the picture by documenting your fundraising activities on Instagram?

tw [@ChangingLives__](#) Tweeting from your corporate or personal Twitter account can help you reach your fundraising target.

in www.linkedin.com/company/changing-lives/ Promote your fundraising across your business network too.

"We are committed to giving people the best possible chance to move forward in life. We believe that everyone should have their own front door and a space to call home."

(Stephen Bell, CEO)

**CHANGING
LIVES**



