

GEAR UP FOR THE CEMEX WELLNESS CHALLENGE 2024

in support of  sense

September 16th to 20th

#CollaboratingForCommunities



How to get involved!

You can get involved in a number of ways in advance of the challenge and during the week:

- Cheer on our core cycling team.
- Pledge a donation to Sense using the QR code.
- Set yourself an activity challenge.
- Get a team together and log your activities – be it, running, cycling, swimming or even mowing the lawn.

Let's see if together, we can match the mileage (total steps equivalent) of the core team's Cycle Challenge!

About Sense

Sense works with families to support disabled people and offers residential care, virtual support plus a number of network centres in various communities. They provide personalised support for people of all age groups. Apart from supporting the well-being of people with disabilities, they are assisting them in getting into employment and ensuring organisations are able to integrate the various disabilities.

sense.org.uk