

# BUDDY UP!

for



**St. Michael's House**

Services for People with Disabilities



Receive a bespoke  
Medal each!

Pick a 'Buddy' for a  
**RUN, WALK, MOVE** challenge

Set a target to achieve together!

**20km, 50km or 100k**

€20 per Team (Max 2 Buddies)

Complete your goal in  
**1 month!**

All funds Raised directly  
support **Devices Project 2022**