

CLOSE SHAVE FOR COLITIS

On 27 January, Katie and her twin sister Elle shaved their heads to raise awareness and vital funds in support of people living with Crohn's disease and colitis.

Katie was diagnosed with ulcerative colitis when she was eighteen years old and since then has undertaken harsh treatments and medications to make her life a little better.

As no cure has been found till date for Crohn's or colitis, they hope the donations could make a difference in the lives of people living with these invisible conditions.

The twins donated their hair to a children's cancer charity for wigs.

Well done Katie and Elle!



Ready for the big shave



Hair today, gone tomorrow



Bald and beautiful

STEP UP CHALLENGE

Coral Semmens from Bendigo Bank, Sunbury branch collaborated with Erin Callejan from the Sunbury Community Health and Sunbury Business Association to organise the Step to it Sunbury to inspire people to get active and healthy. Coral shares her motivational story.

Step to it Sunbury challenged individuals to complete 10,000 steps per day throughout the month of October 2016 in memory of beloved personal trainer Rachel Tyquin.

The group first launched the challenge in 2015 as part of the Healthy Together Achievement Program, with 130 people taking part. The idea was to dedicate it to the memory of Rachel as a way of recognising her inspirational attitude and love of walking.

42 teams signed up for the challenge, with registration of \$5 per person, and all proceeds were donated to Crohn's & Colitis Australia.

The first prize was won by Team Gym Mafia 1 which was made up Rachel's close friends and daughter Elly. They were extremely happy with their efforts and were rewarded with a \$100 hamper each from the Sunbury Fruit Market donated by Sunbury Business Association.

Our sincere thanks to Rachel's family, all of her friends, local workplaces and the wider community for taking part in this year's Step to it Sunbury Workplace Walking Challenge.

We were honoured to be able to help remember and celebrate Rachel's life in this simple, fun and healthy way.



Second prize was awarded to OSJ from Masters



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Step up team with a cheque for CCA