

# Challenge 95

#Challenge95

To celebrate our 95th anniversary we are encouraging as many people as possible from the local community to take on a challenge themed around the number 95...



Together we can make a difference to the lives of older adults in Liverpool & Sefton

...Walk 95,000 steps in a month,

Run, walk, cycle, paddle 9.5 miles, 9.5km, 95 miles, 95km,

How many penalties can you score in 95 seconds?,

Donate or fundraise £95...

The choice and challenge is yours – the wackier and the more people you involve the better!

## Get involved

1. [www.ageconcernliverpoolandsefton.org.uk/celebrating-95-years/](http://www.ageconcernliverpoolandsefton.org.uk/celebrating-95-years/)
2. Complete a [Challenge95 registration form](#)
3. Email your form to: [julie.jackson@ageconcernliverpoolandsefton.org.uk](mailto:julie.jackson@ageconcernliverpoolandsefton.org.uk) & start fundraising - we'll send you a link to our fundraising page.

## Keep in touch – please share what you are doing with us!

Look out for updates on our website and social media and... please, please, please post and share your wacky and wonderful, individual and group challenges for all to see! **#Challenge95**

Call 07774 751 437

email: [julie.jackson@ageconcernliverpoolandsefton.org.uk](mailto:julie.jackson@ageconcernliverpoolandsefton.org.uk)

**Wouldn't it be awesome to raise £95,000  
We'll certainly give it a go – we need your help!**

Follow us on social media.

