



LADDER  
STEP UP SYDNEY

# ONLINE FOR ALL



## TERM 3 WEEK 2

Join Ladder SUS for online activities and weekly challenges.

### Mon 19 July 4pm TRIVIA

<https://us02web.zoom.us/j/83084590818>  
Pen and paper

### Tues 20 July 4pm VALUES

<https://us02web.zoom.us/j/82063446536>  
Pen and Paper

### Thur 22 July 4pm FITNESS

<https://us02web.zoom.us/j/86889676403>  
Yoga mat / Towel and a water bottle

Weekly challenges will be sent by your Development Coach - challenge winners will receive a prize.

There is a \$5 per session incentive for young people in the Ladder SUS program who take part in the zoom sessions and weekly challenges. These sessions are open to ALL 15-20 yrs - in the CORE & Alumni sessions and anyone else interested.

**Next week's sessions will be sent out on Wednesday. For more information please contact Mareta by emailing: [mareta.cross-tateo@ladder.org.au](mailto:mareta.cross-tateo@ladder.org.au)**