



DEINE VORBEREITUNG

SWISS ICE CHALLENGE 2019

Welcome & Thank you for your commitment

In a few weeks it will be time... You will start with us at the first SWISS ICE CHALLENGE! Together we will lay the foundation stone for a very special fundraising campaign, which will take place annually afterwards.

Together we will run on 02 March 2019 in LAAX for our own health, against depression and for the prevention of violent behaviour among young people. With your participation you will not only do yourself something good, but you will also encourage many people to do the same and no longer surrender to the external circumstances, but to become the captain of their own lives again.

We are already looking forward to this experience with you!

