

Endo Challenge

Endometriosis Awareness Month MARCH 2022

Endometriosis New Zealand provides critical support to women, girls, and those assigned female at birth who are living with endometriosis nationally.

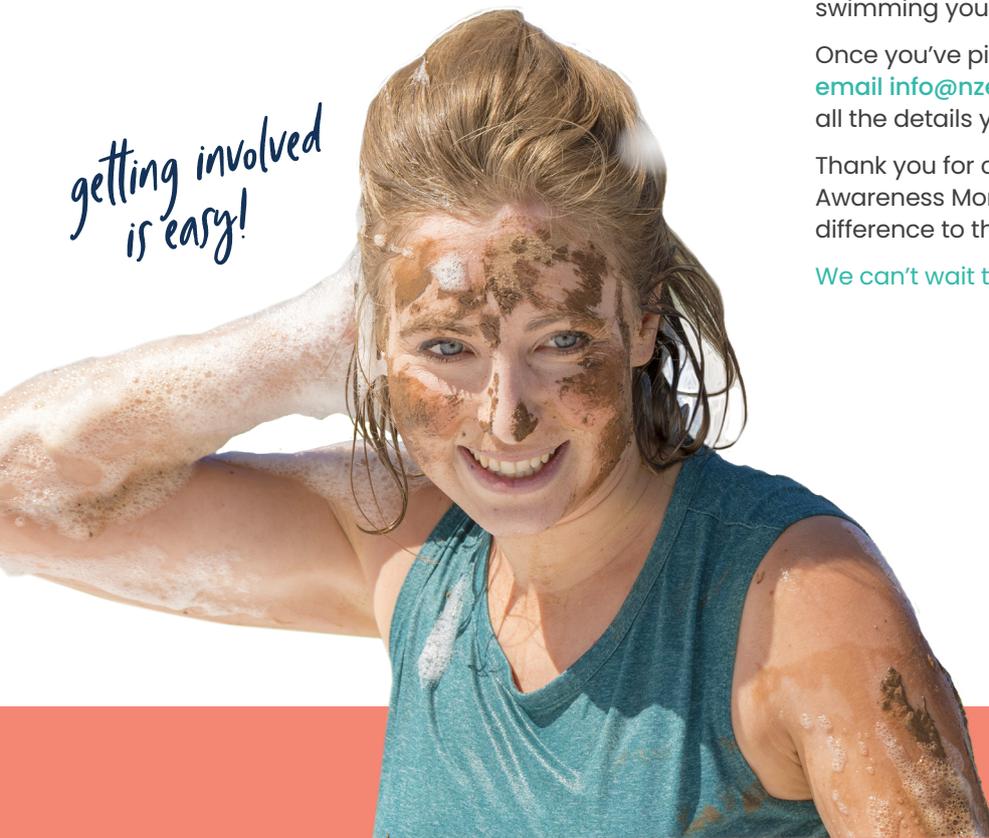
This debilitating disease which affects more than 130,000 is life-changing for sufferers and for their families, chronic symptoms taking an average of 8 years to receive a diagnosis and resulting in a third of women experiencing fertility problems.

Today we are reaching out to ask you to get involved and support us by participating in a fundraising challenge during our Awareness Month.

Endometriosis Awareness Month takes place across the globe in March with a mission to raise the profile of a disease that affects an estimated 200 million worldwide.

Your support will enable Endometriosis New Zealand to continue to provide essential help to the thousands of people living with this common inflammatory disease and ensure our organisation can keep engaging with stakeholders across all sectors to improve health outcomes.

*getting involved
is easy!*



First, choose a challenge you will enjoy. For example:

Walk for Endo

Pick any distance or event and walk it your way! Alone or with friends and family, in costume, colour theme or just in your favourite shorts and tee-shirt.

Jump for Endo

Adrenaline junkies what about a skydive or bungy for endo? Receive a free jump. Fundraising minimum \$500.

Run for Endo

Whether a Forrest Gump-inspired marathon or a team relay sprint, just pick a time and a place and get your comfy sneakers on.

Trek for Endo

Take on the spectacular 45km Abel Tasman walk over four days including three night's free accommodation in huts. Fundraising minimum \$1000.

Not inspired yet?

Why not try dancing, biking, baking, climbing or swimming your way to fundraising success for Endo!

Once you've picked your challenge, email info@nzendo.org.nz and we'll provide you with all the details you'll need to get you started.

Thank you for considering getting involved in our 2022 Awareness Month and for wanting to help us make a difference to those affected by endometriosis.

We can't wait to hear from you!