

The 20/40 Challenge

A Pledge of Commitment

As members of the Asia and South Pacific Ostomy Association, and in an effort to discover and strengthen the sector of young adult ostomates in our Association;

We recognize the vast opportunities that young adult ostomates have to offer in building and strengthening the 20/40 Focus Group that works hand in hand with the International Ostomy Association;

We acknowledge the youthful spirit they exhude, the availability of time they offer, the raw talent they possess, and the genuine heart they exemplify in service to fellow young ostomates in continuing the work of our Association;

Hence, I pledge to:

- *Keep a watchful eye for potential young adults who can continue the work of the Association as my way of passing on the torch;*
- *Provide guidance and support in their formation*
- *Partner with them to promote quality of life for ostomates;*
- *Support them in every way with loyalty and action, word and deed; and*
- *Live each day as an example of what our Association is ought to be.*

Signed by:
