



Join us at Te Ara Korowai to celebrate world mental health day.

On Monday 10th October at 12pm we are heading outside to enjoy nature. Join us for a short, local and accessible health walk.

When people spend quality time in nature they:

- **Have improved concentration, attention and emotional functioning**
 - **Feel fully alive and energised**
 - **Feel happier and less anxious**

Then from 1pm-2pm we will be having our **AGM** with refreshments provided in the **Te Ara Korowai art studio.**

Mental Health Awareness Week is endorsed by the World Federation for Mental Health and marked in over 150 countries.

In New Zealand it is celebrated to coincide with World Mental Health Day on 10 October.