

Celebrate MENTAL HEALTH AWARENESS WEEK with us and...

Connect WITH nature

for good mental
health and wellbeing



#mhawnz
www.mhaw.nz

10-16 October 2016

Come join us for a lunchtime walk to experience the benefits of connecting with nature and be in to win some spot prizes!

Watch for the Compass Health flags at the following venues

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| Kapiti | Tuesday, 18 October at 12.00 p.m.
Macleon Street and Marine Parade
30 minute walk for all fitness levels |
| Porirua | Wednesday, 19 October at 12.00 p.m.
Pirate's Cove mini golf, 2 Wineera Drive, Porirua
30 minute walk along the waterfront towards Takapuwhia and back |
| Wellington | Friday, 21 October at 12.00 p.m.
Frank Kitts Park, next to the TSB Arena
30 minute walk along the waterfront to Te Papa and back |

For information ring us on 04 801 7808

* Walks will proceed rain or shine.