

GET ACTIVE, GO GREEN!



► **3km fun run/walk**

Wednesday 12 October
4.00pm | Woodhaugh Gardens

Malvern Street back entrance | Gold coin entry
Everyone welcome - bring your friends and whanau!

Supporting Mental Health Awareness Week

Proceeds go to Able Southern Family Support



Register your interest by 11 October and be in the draw
to win a fantastic prize pack. Or just turn up on the day!

Contact: Kate Doig | Sport Otago
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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

Green Prescription
ACTIVE
FAMILIES
Rongoā Kākāriki, whānau kori, whānau ora

Rongoā Kākāriki
GREEN
PRESCRIPTION

VEGGIE BOYS
FOR AFFORDABLE FRUIT AND VEGE

