PHOTO COMPETITION





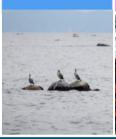








Take a photo of people trying out the 5 Ways to Wellbeing











Entries open 11th September → Entries close 30th October

There is a lot of tough stuff going on, challenges with housing, income, education, access to healthcare etc.

It is important to feel a sense of purpose and control. This is where using the 5 Ways to Wellbeing can help build your resilience.

Check out Mental Health Awareness Week mhaw.nz & Mental Health Foundation mentalhealth.org.nz.

Be in to win: one of five \$100 grocery vouchers. Plus, multiple spot prizes; movie tickets, gift baskets, caps, swimming passes & more.

Category 1: Individuals - Open to all Top of the South residents.

Category 2: Workplaces - Challenge your work teams and other workplaces to talk about and try the 5W2WB, take a photo and enter.

Email photos to amba@firstmate.org.nz or wendy@healthaction.org.nz

Or drop your photos & identifying information into Age Concern, 62 Oxford St, Richmond /18 Bridge St, Nelson

- Provide name/phone number/category & tell us which of the 5 Ways to Wellbeing your photo represents.
- Participants agree to allow their photo to be shared publicly to promote Mental Health Awareness in our region.
- Prizes drawn & winners notified by 3rd October.







