

Ngā uri whakatipu
i roto i te oranga pai,
ka whai oranga,
i roto Te Ao Tūroa.

nature
is key
Unlock your wellbeing

**Enjoy the
Queenstown Gardens**

Tuesday 10 October

12 noon

Meet at Rotunda by Park Street
entrance

BYO Lunch

Any queries, contact

Rebecca, PACT

027 222 6493

**Mental Health
Awareness Week**
9-15 October

 **Mental Health Foundation**
mauri tū, mauri era OF NEW ZEALAND

www.mhaw.nz #mhawnz