



Paddle for Mental Health Awareness

Sunday 14 October, 9:30-10:30am
Careys Bay



Mental Health Awareness Week is coming up from October 8th to 14th and the theme is 'Let nature in, strengthen your wellbeing – Mā te taiao kia whakapakari tōu oranga!'

We are very fortunate here in Dunedin to have easy access to nature everywhere we turn and maybe the best being the beautiful Otago harbour which sits on our doorstep.

The ocean and water have remarkable effects on our health and well-being so why not come and experience it for yourself. You might even have a friend, work mate or whanau that could benefit so why not bring them along.

We had an amazingly successful paddle last year so why not repeat the dose. Entry is a koha with all funds raised going to the Mental Health Foundation.

Meet us at Careys Bay opposite the Carey's Bay Historical Hotel for a paddle. Any craft welcome, only rule is that it is people powered. After join us for coffee at the Careys Bay Hotel.

Hosted by Watercooled Sports
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