

Mental Health Awareness Week, October 10-16, 2016  
CONNECT WITH NATURE

# SEA AND SKY

TE RANGI, TE MOANA, TE MAURI ORA

Guided mindful walking to start the day

MONDAY OCTOBER 10 – FRIDAY OCTOBER 14

7.15AM – 7.35AM (RAIN OR SHINE)

WELLINGTON WATERFRONT

MEET BY THE KUPE STATUE

BRING YOURSELF, COMFY SHOES, A COAT (AND MAYBE A FRIEND)  
NO EXPERIENCE NEEDED

[WALKINWELLBEING@GMAIL.COM](mailto:WALKINWELLBEING@GMAIL.COM)

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MENTAL HEALTH AWARENESS WEEK [WWW.MHAW.NZ](http://WWW.MHAW.NZ) OR [#MHAWNZ](https://twitter.com/MHAWNZ)