



SUNRISE WALK FOR WELLBEING

JOIN US AND HELP DESTIGMATISE DEPRESSION & PROMOTE MENTAL WELLBEING

Be a part of the first Sunrise Walk for Wellbeing – a 6 km walk to kick off Mental Health Awareness Week that starts in the dark and finishes with the sunrise.

SATURDAY 8 OCTOBER | AIRPORT PERIMETER

For more information and to register, go to
sunrisewalkforwellbeing.com

Kindly sponsored by

Health Action Trust
Te Mana Taki Hauora

