



Waka Toa Ora

You are invited to a Waka Toa Ora seminar:

Reimagining Wellbeing Together

He Tirohanga Anamata

In honour of Mental Health Awareness Week (21-27 September)

Mental Health Awareness Week (MHAW) 2020 is 21-27 September – we believe it's timelier than ever. It's an opportunity for us all to redefine and rediscover what wellbeing looks and feels like – during Covid-19 and beyond.

During Mental Health Awareness Week (and every other week of the year!), art invites us to reimagine wellbeing. Join us for an informative, inspirational, and interactive event, highlighting where art meets wellbeing.

Panel:

- Audrey Baldwin – Collaborative Art and Wellbeing
- Lucy D'Aeth – Te Ora Auaha Creative Wellbeing Alliance Aotearoa
- Roanna Dalziel – Mental Health Awareness by Connecting to Audiences
- Aaron Hapuku – Art of Taiaha

Stay at the end of the event for an opportunity to create an artwork of your own.

Date: Monday 21 September 2020

Time: 5:15pm to 6:30pm **NOTE: This is an evening seminar**

Location: Exchange Christchurch (XCHC), 376 Wilsons Road, Waltham
(cabinet food available to purchase)

[Register online here](#) – A calendar appointment will be emailed following registration.

**REIMAGINE
WELLBEING
TOGETHER
HE TIROHANGA
ANAMATA**



Mental Health
Awareness Week

21-27 September
www.mhaw.nz