

Exploring Wellbeing - Your Way

Your Way Wellbeing will be running an interactive, hands on workshop to help you understand the dimensions of hauora & Te Whare Tapa Wha, while supporting you in making positive changes to improve your wellbeing

Saturday 28/09/19 | 10:00am - 2:00pm | Nau Mai - Level 1, 36 Bryce Street,
Hamilton | \$12.50 per ticket | all proceeds donated to Mental Health
Foundation of New Zealand

For more details and to purchase tickets head to:
<https://www.facebook.com/yourwaywellbeing>

