

Fill Your Cup

Top Up Together

- ✓ Connection
- ✓ Nutritious food
- ✓ Gut Health
& Mental Health
- ✓ Cacao & Mental Health
- ✓ Hands on Cacao
workshop
- ✓ Take home tools



11 OCT 2025
10:00 am

Arete Retreat
865 Gladstone Road
Levin



Rosenda & Tara XX

Five ways to wellbeing

Top up together
this Mental Health
Awareness Week with the
FIVE ways to Wellbeing

- ✓ Take Notice
- ✓ Give
- ✓ Be Active
- ✓ Connect
- ✓ Keep Learning



\$185 pp

*\$169 earlybird pricing
pay by 01 October

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Fill Your Cup

Part of Mental Health Awareness Week 2025

Discover how simple daily choices can transform your mental well-being. Join us at the stunning Ārete Retreat Centre in Levin for a day of connection, learning, and hands-on experience in the kitchen.

What to Expect

🌿 **Morning tea & connection** - Start your day with a nourishing spread and meet like-minded people.

🌿 **Gut health & mental health with Tara O'Malley** - Explore the latest science on how your gut influences your mood, energy, and resilience. Tara is a PreKure-trained Mental Health Coach who makes the complex simple and practical.

🌿 **Nutritious shared lunch** - A wholesome meal to fuel both body and mind.

🌿 **Cacao & mental health with Rosenda Upton** - Discover the surprising ways dark chocolate supports brain health and mood. Rosenda, a PreKure-trained Mental Health Coach and cacao facilitator, will guide you through an engaging hands-on workshop. Create your own cacao blend, experiment with flavours, and learn why this ancient superfood is making a comeback.

🌿 **Take-home tools** - Leave with practical strategies, recipes, and insights you can use straight away.

Why It Matters



The gut is often called the “second brain.” A healthy gut microbiome can reduce stress, improve focus, and boost mood.



Dark chocolate and cacao are packed with bioactive compounds that support mental clarity, energy, and well-being.



With the right tools, science-backed strategies, and simple daily shifts, you can take charge of your mental health and thrive.

Your Hosts

Tara O'Malley – Mental Health Coach, Gut Health Advocate

Rosenda Upton – Mental Health Coach, Cacao Facilitator

Together, Tara and Rosenda are passionate about making health accessible, practical, and deeply enjoyable.

They cannot wait to share the latest science with you in this beautiful relaxing location of Arete.

Details

Ārete Retreat Centre, 251 Makahika Road, Levin

Saturday 11 October 2025

10:00am – 4:00pm

\$185 per person

Early-bird pricing available until 1 October

Spaces are limited to keep the experience personal.

Reserve your spot today and join us in celebrating

Mental Health Awareness Week.