

MENTAL HEALTH AWARENESS WEEK

FREE
Health Check
and Addiction
support

MANGERE Town Centre

Wednesday 25th September, 2019

OTARA Town Centre

Thursday 26th September, 2019

EXPLORE YOUR WAY TO WELLBEING
WHĀIA TE ARA HAUORA, WHITIORA

Craft
Activities

10:00 am to 2:00 pm

Peddle yourself a Fruit Smoothie!

Yoga
Zumba

Mindfulness
and
Relaxation

And Much More

