

# Harry Ell Walk - with Green Prescription

## You're Invited

It's Mental Health Awareness Week and Sport Canterbury's Green Prescription team is going for a walk in the Port Hills.

It's a great way to begin to explore the Port Hills, or warm up for the annual Christchurch Breeze Walking Festival.

**Date:** Friday 27th September

**Time:** from 1.30pm

**How to get there:** Blue Line bus or drive and park by the Sign of the Takahe

**Contact:** Register with Olivia on 022 469 7464

