



# Mental Health Awareness Week

you are invited

# Whaia te ara hauora,

# WHITIORA!

# Explore your way to wellbeing

Arowhenua Marae

38 Huirapa Street

25 September 2019

MIHI WHAKATAU 9.30AM

Join us for a day celebrating Mental Health Awareness,

Welcoming Hey Bro from He Waka Tapu,

Warrior Princess Workshops, Mindful Me

Sals Harakeke Creations

kapahaka, rock art, craft, fun

*lunch provided*

Register with [katrina@aws.health.nz](mailto:katrina@aws.health.nz) Ph 0274076308