

**WEDNESDAY
20th SEPT**

Mental Health Awareness Day

Supporting the community with strategies to help with mental health and wellbeing.

The Camberley Community Centre is hosting this event featuring different speakers from a few of our local organizations who help support people in their wellbeing journey. There will also be a Māori Infused Yoga session followed by a free BBQ lunch. All are welcome!

**703 Kiwi Street
Camberley, Hastings**

**RSVP Contact
Elizabeth Hira
022 063 1363**

9.30am - 12.30pm

- 09.30am Welcome**
- 10.00am Dallas Adams**
Te Rangihaeata Oranga Trust
- 10.30am Rebecca Mackenzie**
Te Taiwhenua O Heretaunga
- 11.00am Jo Anne Freeman**
Mind Body Solutions
*Puheke Māori Yoga**
- 12.00pm Free BBQ Lunch**
presented by Mates4Life
- 12.30pm FINISH**



**Puheke Māori Yoga is a gentle flow yoga for all abilities and all ages. Experience a relaxing, gentle yoga session followed by a healing meditation. This can be done seated, so it is suitable for everyone. Wear comfy clothes and something warm for relaxation.*



Five Ways,
Five Days.

Proven tools to boost
our mental health.

18-24 Sept

TAKE NOTICE ME ARO TONU 	GIVE TUKUA 	BE ACTIVE ME KORI TONU 	CONNECT ME WHAKAWHANAUNGA 	KEEP LEARNING ME AKO TONU
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