



TE RARAWA

# Mental Health Awareness Week 2024

**“Community is what we create together”**

**Māmā please join us for one of our wellness offerings during MHAW 2024**

**Tuesday 24th Sept - 10am coffee and cake on us at**

**Peekaboo**

**Wednesday 25th Sept - 9.30am yoga & meditation session at True North Yoga Studio (registration only)**

**Thursday- 26th Sept - 9am Hikoī around the Te Ahu loop track, meet at the Children’s Complex**

**Contact Amelia Marsh- [amelia@terarawa.co.nz](mailto:amelia@terarawa.co.nz)**

**to register for the yoga session**

**Go to [@farnorthbreastfeedingmums](#) for more information**

**#MHAWNZ**

