



FREE EVENT FOR MENTAL HEALTH AWARENESS WEEK
23-29 SEPTEMBER, 2019 WWW.MHAW.NZ

NATURE CONNECTION ON YOUR LUNCH BREAK

Stress and mental fatigue can build up during a busy work day. Learn simple ways you can relax and give your mind a much needed rest on your lunch break

Tuesday 24 September 2019, 12:15pm-12:45pm

Cafler Park, Whangarei

please register at www.naturalconnections.co.nz