

PRIMAL

PRESENTS

TAHA TINANA

PHYSICAL
WELLBEING
(FOR BRO'S)

THURSDAY SEPT 24th 2020

TIME SLOTS 4-4:30 | 4:30-5 | 5:30-6 | 6-6:30

BBQ AND DRINKS FROM 4:30 - 7:30

Get your bro's together and support a good cause
by joining in on a ZUU workout with the owner of
PRIMAL Strength and Conditioning Tim Ball

Donation Fee: \$25pp
Spaces are limited

TO BOOK YOUR CREW:
sian@strengthandconditiong.co.nz

MENTAL HEALTH AWARENESS WEEK

REIMAGINE
WELLBEING
TOGETHER
HE TIROHANGA
ANAMATA



Mental Health
Awareness Week

21-27 September
www.mhaw.nz