



Reading in Mind

Mental Health & Wellbeing:
Let's keep the conversation going
- an evening with Lorelei Mason.

TVNZ's former Health Reporter, Lorelei Mason, will lead a panel discussion on the benefits of reading to support mental health. She'll be joined by Dame Sue Bagshaw and New Zealand authors Naomi Arnold, Steve Langley and Tusiata Avia, who will be sharing their thoughts and insights on mental health and wellbeing experiences.

When: 6.00pm - 7.30pm, Thursday 3 October, 2019

Where: TSB Space, Tūranga, 60 Cathedral Square

Details: All welcome. This is a free event, but for catering purposes, please RSVP online via [Eventfinda.co.nz](https://eventfinda.co.nz). Just search 'Reading in Mind.'

Studies have shown reading can be beneficial for those experiencing poor mental health or wellbeing. Reading in Mind offers a book scheme for people in Canterbury experiencing mental health issues, or those supporting them.

Find out more at: www.readinginmind.org.nz