

Reach Out Waiheke would like to invite you to join us on a

Walk for Wellness

at 9.30 am on Wednesday 25th of September
during Mental Health Awareness Week

Meet at Onetangi Beach at 9.30am, opposite
Charlie Farley's for a walk along the beach.
Kindly sponsored by Charlie Farley's for half price
coffees at the end of our group walk!

All welcome...bring a friend or meet a new one.

Enquiries to Sharon on 027 3300465
or email coordinator@reachoutwaiheke.org.nz



COMMUNITY IS...

together.

WHAT WE CREATE

mhaw.nz

MHAW Mental Health
Awareness Week
23 - 29 SEPTEMBER 2024

Hāpai ki  te Hapori

REACH OUT
WAIHEKE

Connecting the community to create wellbeing