

# Ready to top up?

Join us for free classes during  
Mental Health Awareness Week



Your wellbeing is worth it. Let's top up together.

Sign up now and receive class links at  
[www.wavewellness.co.nz](http://www.wavewellness.co.nz) and follow on social media

A free recorded class released each day 6-10 October 25

Power Yoga | Yin Yoga | Pilates

Meditation | Journalling

