

Mental Health Awareness Week event - "*Harmony for Wellbeing*" -

*with presenters and participation
on nutrition, - colour, sound, movement, -
creative arts and music - mindfulness and
positive sharing – all for health and well being*

Presenters Adrienne Grace (Loving Ourselves) Kim Newton
(Colour Sense Nutrition) Linda Christianson (Heal Your Gut
Heal Your Mind) Carol Meyer (Movement as Medicine)
Sophie Buxton (Good Vibrations)

on **Friday September 27th**

at Auckland Horticultural Council Bldg, 990 Great
North Road, Western Springs (opp Motions Rd –
entry beside archway into car park – AHC building
up path behind car park) from 9.30am to 3.30pm.
10 am start (**prior registration necessary**)

ENTRY FEE \$5 on day between 9.30am to 9.50am

***** plus** please bring a healthy plate of finger food

Limit approx. 50 attendees – so wise to register a.s.a.p.

Please register your name and contact by September 23rd
a Monday - with Adrienne E: grace.adrienne8@gmail.com



Heal Your Gut Heal Your Mind



Good Vibrations