

12:45AM THURSDAY  
26 SEPTEMBER  
BOTTLE LAKE FOREST

**HE WAKA TAPU**

*Me mahi tahi tātou mo te oranga o te whānau*



**26  
SEP  
2024**

# OMA OMA WALK FOR MENTAL HEALTH

**Date- Thursday 26th September**

**Meet Time – 12.45pm**

**Distance- Approximately 3km**

**Location – Bottle Lake Carpark**

**Registration- Just turn up on the day**

**Welcoming all levels to join us for a walk/ slow jog  
at Bottle Lake forest to celebrate 'Movement' &  
Community Connection for Mental Health week.**

