

BELONGING MATTERS

**mental health
awareness week**

The Big EXhale

Take a break,
have a snack
& relax with us

*We know life is hectic,
and thats why it's important*

Friday 16 October | 11:30am-1:30pm
Union Lawn *Main Common Room if wet*



*Scan to see what's on during
Mental Health Awareness Week*

**Clubs
& Socs
ousa**