

MENTAL HEALTH AWARENESS WEEK

12-18 OCTOBER 2026

MOVE. CONNECT. BELONG.

Join us for a relaxed, feel-good DIYDANCE session where you can move your way, enjoy the music and connect with others.



MONDAY 12 OCTOBER 2026

6.30-7.15 PM

Bromley Community Centre

Adults • All abilities • No choreography • No judgement

FREE ENTRY

Koha welcome • optional

MOVE FOR YOUR HAUORA

DIYDANCE is a simple way to nurture wellbeing through movement, connection and belonging — reflecting the holistic thinking of Te Whare Tapa Whā.

TAHA TINANA

Move • feel • care for your body

TAHA HINENGARO

Refresh your mind • lift your mood

TAHA WHĀNAU

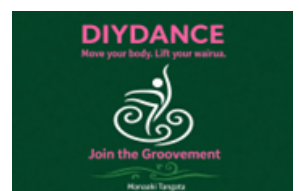
Connect • belong • have a laugh

TAHA WAIRUA

Joy • meaning • feeling uplifted

WHENUA — our connection to place and belonging

Come as you are • Move in a way that feels good • Join the Groovement



DIYDANCE • Move | Flow | Groove • Adults welcome
A welcoming community movement session at Bromley Community Centre