

Nature is key
Unblock the good things

Family/Whānau Day

Mental Health
Awareness Week
9-15 October

WHEN?

Tuesday 10th October

11am—1pm

WHERE?

Puke Ariki Landing

(Wet weather venue: Huatoki Plaza)

WHAT?

Family fun for everyone!

Come along and:

Savour a snag from the sausage sizzle

Pat the miniature horses — Master mindfulness

Have some fun with fitness — Join in a drumming circle

Modulate your mood with some mirimiri massage

and much more...

Live music...

Circus tricks...

Free seedlings...

Face painting...



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