

2021 Community Dog Walk

Wednesday 13 October

Come along and join us this **Mental Health Week** for our 2nd Annual Dog Walk. Take a stroll in the Montrose Foreshore Community Park with us (with your dog or without), followed by a community BBQ. Let's celebrate our four legged friends and the support and unconditional love they give us.

The Mental Health Week theme this year is Awareness, Belonging, Connection.

Individually, as a member of a family or a member of the community, we should all have an AWARENESS of mental health issues and an understanding of the need of BELONGING in order that people in our community can strengthen their CONNECTIONS.

In this unusual time, with the complications of COVID19, these three words have even greater meaning to us all, we need to keep our community strong and we do this better together.

Join us for this FREE Community Dog Walk event, supporting the mental health of all Tasmanians.

Where: Montrose Foreshore Community Park,
Brooker Highway, Glenorchy

Date: Wednesday 13 October

Time: 11:00am for dog walk, followed by BBQ.

Cost: This is a free event but we would appreciate your RSVP for catering purposes: call **6169 0605** by Friday 1 October

Tix: www.eventbrite.com.au/e/wellways-mental-health-week-community-dog-walk-tickets-167820420395?aff=ebdssbdestsearch

Registration is essential – you can bring your form with you or register on the day.

Please note: For the benefit of all dog walkers, dogs must be leashed at all times and your dog is solely your responsibility. Each person must clean up after their dog and deposit waste accordingly. See full information on registration form.



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