





APPRECIATE THE LITTLE THINGS: COMMUNITY CONNECTIONS DAY

FIND YOUR COMMUNITY!

Free Workshops:

- 10 am** Laughter yoga and Qigong
- 11am** Strength workshop with Run
Move Connect
- 12pm** Mindfulness
- 1pm** Play Like Your Mental Health
Depends on It

Free activities including:

-  Art with Aunty Amanda
-  FREE access to Fun Factory
-  Community group expo
-  FREE BBQ by Huon Lions Club

Huon Valley PCYC
Saturday 11 October
10am to 2pm



hvc@huonvalley.tas.gov.au
(03) 6264 0300
www.huonvalley.tas.gov.au



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FIND YOUR COMMUNITY!

**Celebrate Mental Health Week
with a community group expo!**

Connect with groups looking for
new members:

- Sports clubs
- Art and performance groups
- Volunteer organisations such
as Landcare and SES
- Special interest groups

Free activities including:

- 🎨 Art with Aunty Amanda
- 🧘 Mindfulness sessions
- 😄 Laughter yoga
- 🍔 FREE BBQ by Huon Lions Club

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**Mental
Health
Week
TASMANIA**
4-12 October

