



**SATURDAY
9TH OCT 2021
10AM - 4PM**

**BENDIGO BANK
COMMUNITY STADIUM
TULLY ST
ST HELENS**

We welcome you to join a celebration of wellbeing. We are creating a fun day to encourage conversations and join in on activities to find new ways to look after yourself and others.

We invite you to be curious, have fun, talk about wellbeing, share stories and make new connections!

FREE COMMUNITY EVENT

**TRANSPORT INCLUDED TO AND FROM
FINGAL & ST MARYS**

More details on our website and Facebook
www.communitiesofwellbeingbreakoday.info
www.facebook.com/WellbeingConversations

WE COULDN'T DO THIS WITHOUT THE SUPPORT OF:

