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SHARE THE JOURNEY THROUGH Creativity & Wellbeing -OCTOBER- MENTALHEALTHMONTH.ORG.AU

Beautiful Minds Bankstown is pleased to bring people with mental health issues two FREE workshops during Mental Health Month, October 2017:

Creative Art

2pm-5pm Wednesday 25 October

Create your own magnificent collage artwork that can be taken home with you on the day. The facilitator will show you techniques and help you as you put it together. Make friends and enjoy a scrumptious afternoon tea. Be creative!



Wellness & Exercise

2pm-5pm Thursday 26 October

Get your workout with wellness information on keeping physically well mixed with easy to do exercises. The facilitator will show you moves to strengthen your body while you have fun. A delicious afternoon tea is provided. Be fit and well!



Venue: Hackett House Hall, Level 1, 6-8 Bankstown City Plaza, Bankstown NSW 2200

PLEASE NOTE: This Venue has MULTIPLE STAIRS. People who have trouble climbing stairs may find this venue difficult to access.

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Bookings: Eventbrite Online or contact Susan from Beautiful Minds Bankstown

Phone: 0402 647 497 Email: info@beautifulmindsbankstown.net.au

Organiser Website: www.beautifulmindsbankstown.net.au



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