



Mental Health Awareness Week

10 – 16 October 2011

 Mental Health Foundation
of New Zealand
www.mentalhealth.org.nz

Huna pātiki, he puēhu, he āhi, ka wero

Celebrate the launch of Mental Health Awareness Week in Southland

HIKOI FOR HAPPINESS - FUN GROUP WALK

Enjoy a free walk together at **12pm Monday 10th October 2011** at the Queens Park's Feldwick Gates on Gala Street in Invercargill.

All welcome, and there is no need to register, just come along.



This hikoi is a joint project of the Mental Health Awareness Week organising group. For more information about the launch walk please contact Yvette Hodges at Sport Southland on (03) 211 2150 or Yvette.hodges@sportsouthland.co.nz.