



GLENORCHY MENTAL HEALTH WEEK EVENT

Thursday 13th October 2011

10am to 12.30pm







Glenorchy LINC, Terry Street, Glenorchy

Keeping the Balance: Investing in your Mind & Body Event

FREE COMMUNITY EVENT

You are invited to attend

The Launch at 10 am of the Community Information Cards project of the Phoenix Centre, supported by the Glenorchy Suicide Prevention Network (GSPN), Wesley Life Force, Glenorchy LINC and Glenorchy City Council.

-  Stay for free, fun activities during the morning (for all ages), plus information stalls & a community morning tea at 10.30 am
-  Be crafty with the Creative Me! Session for parents & children featuring stories, songs, art and craft work at 11am
-  Unwind and relax with 2 free Relaxation and Yoga sessions with Roslyn Alexander between 11am–12.30 pm
-  Raise your Heart rate with some 'Glenorchy on the Go' sport, leisure and recreation sessions including GO Heartmoves – gentle physical activity class from 10.30 am to 11.00 am & GO Line Dancing with Jill Canton from 11am-11.30am in the Library forecourt
-  Grab some pizza at the special Net Cave event for young people up to 16 yrs, in the LINC at 3.30pm featuring competitions, prizes and pizza.
-  Enjoy fun activities and get resources from Anglicare, Pulse Youth Health Centre, Community Health, Richmond Fellowship, Lifeline & the Glenorchy Suicide Prevention Network.

For further information contact Renate Hughes, Convenor – Glenorchy Suicide Prevention Network on telephone 6216 6770 or email rhughes@gcc.tas.gov.au