

# Mental Health Week 2011



**Keeping the Balance:**  
Investing in your mind and body

To find out what's happening for Mental Health Week near you, visit [www.dhhs.tas.gov.au/mentalhealth](http://www.dhhs.tas.gov.au/mentalhealth)

# Mental Health Week 2011



## Keeping the Balance: Investing in your mind and body

To find out what's happening for Mental Health Week near you, visit [www.dhhs.tas.gov.au/mentalhealth](http://www.dhhs.tas.gov.au/mentalhealth)