

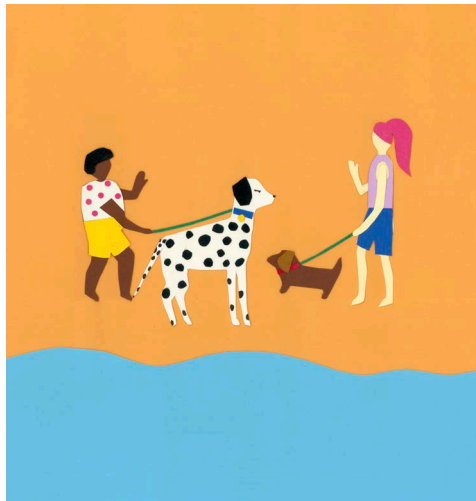
Warrnambool

Mental

Health Week

7-13 Oct 2018

Look after  
yourself for good  
mental health



Get involved with this week's **FREE** Events

SUNDAY 7TH October	MONDAY 8TH October	TUESDAY 9TH October	WEDNESDAY 10TH October	THURSDAY 11TH October	FRIDAY 12TH October	SATURDAY 13TH October
<p><b>7.30 am – 8.15am</b> <b>Come and Try:</b> <b>Virtual Spin Class</b> Venue: AquaZone <b>More info:</b> 5559 4500</p> <p><b>9am – 10am</b> <b>FREE YOGA</b> <b>The Yoga Project</b> Venue: Warrnambool Surf Club No bookings required – bring a mat if you have one. <b>More info:</b> 0448 781 253</p> <p><b>9am – 1pm</b> <b>Warrnambool Mental Health Week Launch</b> Active Hub games, giveaways and meet local Mental Health professionals Venue: The Fresh Market <b>More info:</b> 5559 4959</p> <p><b>2.45pm – 3.45pm</b> <b>Street Art Walk</b> Venue: WAG (Warrnambool Art Gallery) <b>More info &amp; bookings:</b> 5559 4920</p>	<p><b>7am – 10am</b> <b>Worksafe's WorkWell Program Presents:</b> <b>Wayne Schwass "Why Health Is Your Responsibility"</b> Inc. business session/ expo about supporting employee Mental Health &amp; Wellbeing Venue: Lighthouse Theatre <b>More info &amp; bookings:</b> 5559 4999 or <a href="https://bit.ly/2MHG3zj">https://bit.ly/2MHG3zj</a></p> <p><b>9 am – 10 am</b> <b>Free swim or gym entry</b> Venue: AquaZone <b>More info:</b> 5559 4500</p>	<p><b>9 am – 10 am</b> <b>Free swim or gym entry</b></p> <p><b>9.30am - 10.15am</b> <b>Come and Try: Virtual Spin Class</b> Venue: AquaZone <b>More info:</b> 5559 4500</p> <p><b>11.15am</b> <b>The Arts Apothecary</b> – a vital prescription for health, happiness and wellbeing - Author talk by Jill Rivers Venue: Lighthouse Theatre <b>More info &amp; bookings:</b> 5559 4920</p> <p><b>4.30pm</b> <b>Heart Foundation Walking Group</b> Venue: Meet at AquaZone <b>More info:</b> Trevor 0408 524 027</p>	<p><b>1.30pm – 2.30pm</b> <b>Street Art Walk</b> followed by Afternoon Tea Venue: WAG (Warrnambool Art Gallery) <b>More info &amp; bookings:</b> Clare Vaughan 5559 4920</p> <p><b>4.45pm – 5.15pm</b> <b>South West Healthcare's 'Walk the Block for Mental Health'</b> Start McDonald's Liebig Street &amp; finish at WAG <b>More info:</b> 0403 924 158</p> <p><b>5.15pm – 7pm</b> <b>"Words for Wellness"</b> International Mental Health Day Panel Venue: WAG <b>More info:</b> 5559 4949</p> <p><b>5.30 pm – 6.15pm</b> <b>Come and Try: Virtual Spin Class</b> Venue: AquaZone <b>More info:</b> 5559 4500</p>	<p><b>11am - 12 noon</b> <b>Warrnambool Community Garden Tour</b> - a welcoming, peaceful, inspiring, healing and productive place. <b>More info:</b> <a href="mailto:warrnamboolcommunity@yahoo.com.au">warrnamboolcommunity@yahoo.com.au</a></p> <p><b>10am – 3pm</b> <b>Anchor Point Health Expo</b> Interactive displays including massages, fitness classes and guest speakers. Venue: Anchor Point Village, 55 Aberline Rd. <b>More info:</b> 5559 4920</p> <p><b>6.30 pm – 7.15pm</b> <b>AquaZone's Virtual Spin Class</b> Venue: AquaZone More info: 5559 4500</p> <p><b>7pm – 8.30pm</b> <b>Free Swim Entry</b> Venue: AquaZone <b>More info:</b> 5559 4500</p>	<p><b>10am - 11am</b> <b>"Come and Try Playgroup"</b> Pre-school children's activities and social parents morning tea Host: Jo Pruis, WCC Child &amp; Family Services Venue: WAG <b>More info:</b> 5559 4949 No booking required.</p> <p><b>12 pm – 12.45pm</b> <b>Come and Try: Virtual Spin Class</b> Venue: AquaZone <b>More info:</b> 5559 4500</p> <p><b>2pm – 3pm</b> <b>Free Swim Entry</b> Venue: AquaZone <b>More info:</b> 5559 4500</p>	<p><b>12 noon - 1.30pm</b> <b>Wellways Mental Health Roadshow</b> Free BBQ Venue: Lake Pertobe <b>More info:</b> 0417 777 016</p> <p><b>4.00 pm – 4.45pm</b> <b>Come and Try: Virtual Spin Class</b> Venue: AquaZone <b>More info:</b> 5559 4500</p>

[www.warrnambool.vic.gov.au/wmhw2018](http://www.warrnambool.vic.gov.au/wmhw2018)