

MENTAL HEALTH WEEK EXPO 2011

KEEPING THE BALANCE. INVESTING IN YOUR MIND & BODY



CITY HALL
WEDNESDAY OCTOBER 12th
11AM START—5PM FINISH

PROGRAM

11.00am - 1.00pm

CHILDREN & FAMILIES

- South Hobart Primary School Choir
- Face painting and balloon making
- Make Believe Children's Show

12.00

- His Excellency, The Governor of Tasmania, official opening.

12.15 - 2.00pm

- **FREE LUNCH** and De-stress
- Massage
- Tai chi

3pm—5pm

YOUNG ADULTS & STUDENTS

- DJ music
- **FREE pizza**
- Zumba

Over 50 stallholders with health information, giveaways and prizes

Thank you to the following sponsors:

Pizza Hut New Town, Hobart Aquatic Centre, Putters Adventure Golf, Red Herring Surf Hobart, Massage Centre Battery Point, South Terrace Hair & Beauty, Stonemans Garden, Dymocks Book Store, Second Bite, Mondos Bakery, Bakers Delight and Monotone Printing

For More Information Please Contact:

Rabia Markham

rmarkham@thehobartclinic.com.au

