

2024 HEALTHY MINDS & WELLBEING EXPO

Let's Talk about Mental Health

MENTAL
HEALTH
MONTH
OCTOBER

FREE EVENT!

- Face painting ✓
- Arts and crafts ✓
- Pass the Ball with Illawarra Dragons ✓
- Bike n Blend ✓
- Sausage Sizzle ✓
- Yoga and Mindfulness ✓

10th October 2024

10am - 3pm

**Kogarah Community Services
49 English St, Kogarah 2217**

Lucky door prizes! A chance to win \$100 and/or \$20 gift card available!

Our amazing partners include...



Access our
Mental Health
directory here!

**For any inquiries, please call
Kogarah Community Services on 02 9553 6506**