

MENTAL HEALTH MONTH 2024

Wellness Expo

9:00am – 3:00pm

Tuesday, 22 October 2024

Indoor Sports Centre,
Muswellbrook

Upper Hunter
Organisations
and Services Stalls

BBQ
Coffee Van
Freebies



FREE

Everyone Welcome



Scan QR Code
to Register

move
nourish
connect
thrive



Guest Speakers Including

Talk2mebro



Creative Safe Space
Art Workshop

Contact

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UPPER HUNTER
COMMUNITY SERVICES Inc.

