

WALKING TOGETHER

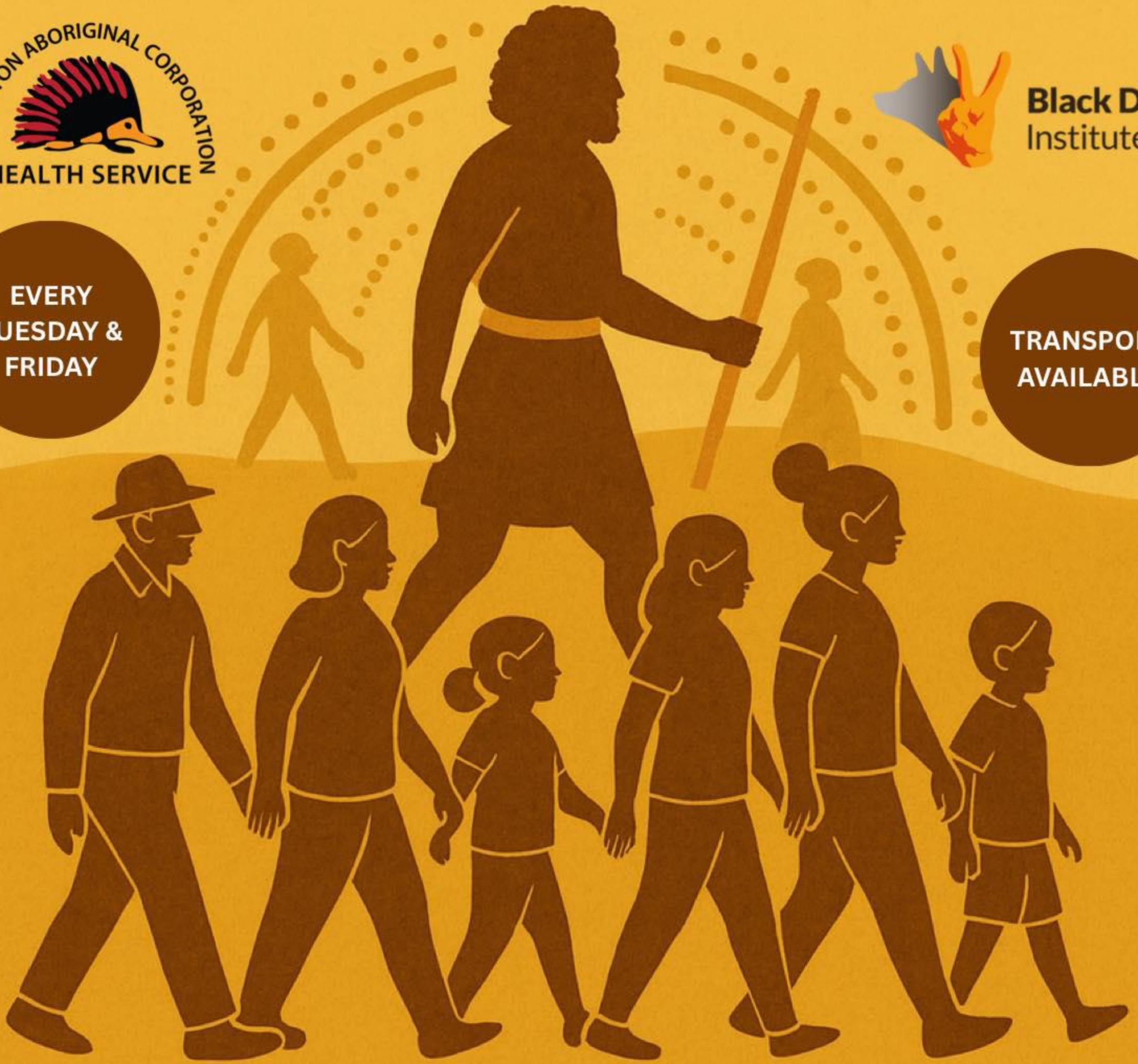
for MENTAL HEALTH MONTH



Black Dog
Institute

EVERY
TUESDAY &
FRIDAY

TRANSPORT
AVAILABLE



Join us this October as we walk together for Mental Health Month.

Our community will take on the challenge of walking 400 kms, inspired by the powerful journey of the Wiradjuri Warrior, Windradyne.

**OFFICIAL OPENING – YARN & WALK
WEDNESDAY 1ST OCTOBER – 10:00AM
SEWB OFFICE, WARNE STREET**

We'll begin with a yarn, then walk together to Pioneer Park.

Open to all community and all fitness levels – an opportunity to walk, share a yarn, and connect for an important cause.