



MHACA
Mental Health
Association of
Central Australia



Wellness Walk and Fun Run

Sunday 22 May 2016

Did you know that exercise and socialising are both good ways to protect your mental health?

The Mental Health Association of Central Australia, and the Alice Springs Running and Walking Club, invite you to join us to enjoy the physical, mental and social benefits of walking together as a group.

We'll be talking and walking, or running if you like, the footpath circuit around Barrett Drive, Stephens Road, South Terrace and Tuncks Road.

To finish off there'll be a cooked breakfast in the Double Tree Hilton carpark, and plenty of time for a cuppa and a chat.

7:00AM Registrations Open
7:20AM Opening Speeches
7:30AM Walk begins
8:00AM Cooked breakfast

Proudly supported by the Northern Territory Mental Health Coalition and the Alice Springs Town Council

www.mhaca.org.au

Mental Health Association of Central Australia
t: (08) 8950 4600
f: (08) 8952 1574
e: sarah.ford@mhaca.org.au
a: 14 Lindsay Avenue Alice Springs NT 0870

'Mental Health Matters'