

Growing Wellbeing Activity Day

Feel good with fun, free activities for all ages!

Join us and experience ways to look after your mental health and wellbeing while discovering tips for supporting your family and friends to thrive too.

- Active kids activities
- Interactive art
- Presentations and performances
- Positive ageing information and activities
- Youth space and more!

EASTLAND



Free event

Thursday 1 October

11am to 2pm

**Ringwood Town Square
and Realm**

179 Maroondah Highway, Ringwood
(opposite Ringwood Station)

For more information

[www.maroondah.vic.gov.au/
GrowingWellbeingActivityDay](http://www.maroondah.vic.gov.au/GrowingWellbeingActivityDay)
or scan the QR code

