



# the wonder of wellbeing with headspace mildura

**As part of Victorian Youth Fest 2022  
join us for a free BBQ, live music and  
fun wellbeing activities.**

**Schedule of activities to include:**

**11am - Strike Force session  
12pm - Indigenous guided art class  
1pm - DRUMBEAT group session  
10am - 12pm - Bath bomb making  
12pm - 2pm - Vision board making**

**when**

Wednesday, 21st of September 2022  
10am-2pm

**where**

Langtree Mall, Mildura

**contact**

If you have any questions please contact 5021 2400  
or email [my.headspace@headspacemildura.com.au](mailto:my.headspace@headspacemildura.com.au)