

Hello,

You're invited to the Hamilton Mental Health and Wellbeing Expo.

21 OCTOBER
11am - 3pm

Book swap. Smoothie bike. Drumming.
Make a kokedama. Zumba. Martial arts.
Boxing. Pottery. Dance aerobics. Cooking.
Art. Singing. Therapy dog. Photography.
Creative Arts. BBQ. Lived experience
speaker. Wellness activities. Lucky door
prize and much more.

For more
information: <https://goo.gl/oEsnAV>

HIRL - 333 NORTH BOUNDARY ROAD,
HAMILTON.

