

BALLARAT MENTAL HEALTH WEEK  
GROUP PRESENTS

# THE ART OF MENTAL WELL-BEING

**Saturday 5th, October 2019**

**1:00pm - 4:30pm**

**The Eureka Centre**

**102 Stawell St Sth, Ballarat East**

Come along for a range of musical performances and Mental Health Foundation of Australia long time mental health educator and consumer representative, Andrew Cookson delivering a story of ***Mental Well-Being through Recovery***. Limited spots available - to secure booking please register on **Eventbrite** ([click here](#)). Tea and Coffee will be provided, food will be available from cafe.

Featuring

The Shifties

|

Sweet Monas

|

Wild at Heart



VALID

wellways

