

Healthy Minds Expo 2013

A World Mental Health Month Event



Kindness:

Little acts, big impacts!



Come along and find out how to achieve a healthy mind and healthy active life!

Lots of great information and stalls from local service providers

Entertainment for the kids, live music, talks, resources, free gifts and lots, lots more to help make a difference in your life

Wednesday 23rd October 2013

10AM-2PM

Cronulla Shopping Plaza, Centre Stage Croydon St, Cronulla

Organised by St George and Sutherland Mental Health Interagency.

Sponsored by Sutherland Shire Council & Mental Health Association NSW

