



Mental Health  
Foundation Australia

**Sunday,  
8th Oct 2017  
8:00am—9:30am**

**4km** walk  
From Fed Square along  
the Yarra and return



**Online Registration Fee: \$10 PP**

**admin@mhfa.org.au**

**Ph: 9826 1422**

**1300 MHF AUS**

**www.mhfa.org.au**

# MENTAL HEALTH WELLBEING WALK

**Refreshment  
&  
Entertainment  
will be provided**

Participants are asked to wear  
a white T-shirt  
&  
something blue  
to represent  
Mental Health

Supported by



Health  
and Human  
Services



**SHIAMAK**  
*Have feet. Will dance.*