



headspace
National Youth Mental Health Foundation

Meet up and Move!

Meet up and Walk!

What you need to know:

You will need to be dressed in enclosed shoes and comfortable clothes

DID YOU KNOW!?

Staying active can help you sleep better, improve concentration, have more energy, and release stress and anxiety. Choose an activity you enjoy and get moving!

When

Fortnightly walking group starting 2nd May at Gosford

Where

Gosford Waterfront

Contact

Call 4304 7870 to register

Time

3.30pm — 4.30pm

When

Fortnightly exercise group starting 9th May at Lake Haven

Where

headspace Lake Haven

Contact

Call 4394 9100 to register

Time

3.30pm — 4.30pm

