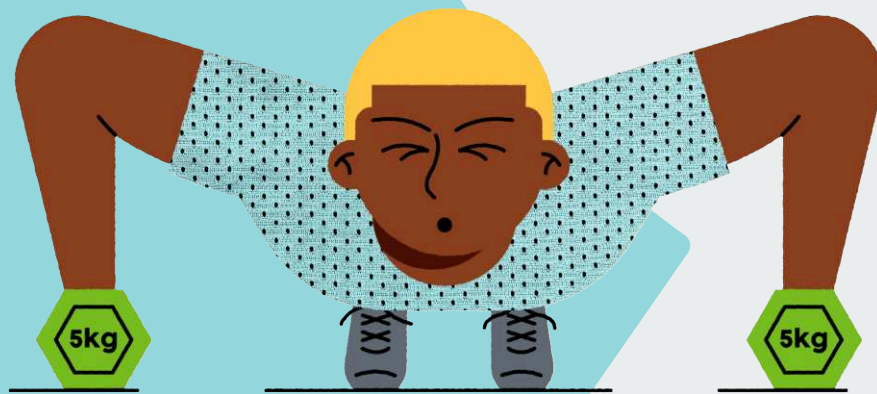




Fit for Mind (Gym Group)

A program designed to provide a space for young men, aged between 16-25, to learn mental health tips while engaging in physical exercise.

headspace Wonthaggi has partnered up with the local gym to deliver a free eight-week gym group program for young men aged between 16-25.

Sessions will incorporate physical exercise with tips to improve mental health and wellbeing, specifically tailored support the mental health needs of young men.

The program will run throughout October and November and registrations are now open!

Please contact headspace Wonthaggi on 5671 5900 for more information, or email us at info@headspacewonthaggi.org.au



Connect: headspace.org.au