

MARK THE DATE:
November 20th 11AM to 3PM



MENTAL FITNESS

– It's a walk in the park!

5 Rotary Clubs, *Noosa Daybreak*, *Cooroy*, *Noosa Heads*, *Eumundi* and *Noosa* are putting on a joint day focused on drawing attention to the Disorder known as PTSD. Join us and spend a beautiful day at the Riverfront in Noosaville and make some new friends and learn more about PTSD. Create your own pathway to mental health. Join in some therapy sessions, chair yoga, Thi Che. All Free. Demonstration by PTSD Dogs.

This initiative is supported by Noosa Mayor Clare Stewart, MP Sandy Bolton, Fed MP Llew O'Brien, SES, Qld Police, QAS, RFS and many more.

The whole thing is **FREE**.

We hope you can make it.



*Entertainment
by the
Sand Flies*

*Free Sausage
sizzles*

*Make new
friends*

*Enjoy a day out
at Noosa Lions
Park, Gympie
Tce, Noosaville*