

Come join us for the launch of

Mental Health Week 2008

Be mind wise 5-11 October

Sunday 5 October 2008

10.30am – 1pm

Celebration Stage and Celebration Lawn,
Roma Street Parkland, Roma Street, Brisbane

Watch Brisbane celebrities row for their favourite mental health charity in the “Row off for Mental Health”.

Groove with our band **Angels of Fire** and many more great entertainers.

Choose from a range of stress relieving activities including free massages, pilates and yoga. And then channel all that inspiration into painting your own ‘happy’ picture.

Enjoy a free sausage sizzle! Heaps of freebies, magazines, brochures and information stalls will be available for you to learn about mental wellbeing and reducing stress.

Bring your friends, family, colleagues - everyone can be mind wise!

Want to find out who's rowing?

Go to www.health.qld.gov.au/mentalhealth

