



THE BLACK DOG INSTITUTE PRESENTS

Breaking Down Depression and Building Resilience

FREE

12:30-3:00PM
THURSDAY 12TH
OCTOBER

ENGADINE
BOWLING CLUB

**AFTERNOON TEA PROVIDED
THE EVENT WILL CONCLUDE WITH LAUGHTER YOGA**

RSVP BY OCTOBER 6TH - ANDREA.BURNS@HEALTH.NSW.GOV.AU

