

Council



COMMUNITIES



FREE  
EVENT

**RUOK?**<sup>TM</sup>

A conversation could change a life.



# RUOK? DAY

## EXPO

Hobsons Bay City Council would like to invite you to Laverton Community Hub to help us celebrate RUOK? Day.

Join us for an expo-style morning filled to the brim with activities, games and food and even learn new tips and tricks to take care of your mental health.

Activities on the day include:

- Henna
- Massage
- Games
- Yoga
- QiQi Music
- Sausage sizzle
- Bunnings planting
- Tai Chi
- Spinal checks
- Art Therapy
- Beyond Blue speaker
- Photo Booth
- Information tables of various local organisations

**Thursday 14 September  
10am to 12pm**

**Laverton Community Hub**

Drop-ins are welcome however, we would love for you to RSVP for catering purposes by calling Laverton Community Hub on 9932 3011 or emailing [programs@hobsonsbay.vic.gov.au](mailto:programs@hobsonsbay.vic.gov.au)



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information

