

# Save the Date



*A community event celebrating  
the mental health and wellbeing  
benefits of walking...*

*Supporting Mental Health Week  
and Walktober 2011*

**Aspire**  
A Pathway to Mental Health Inc.



Southwest PCP  
YOUR PRIMARY CARE PARTNERSHIP



South West  
Healthcare

# Walk for Wellness

**Monday 10 October 2011, along the Warrnambool Foreshore Promenade** (10am start, lunch @ midday)

Register your interest to attend and receive more information by contacting Clare Vaughan: Email [mhw@aspire.org.au](mailto:mhw@aspire.org.au) or call 03 5560 3003

**OR**

Apply for a small grant to **'Host your own Walk for Wellness'**

Application forms are also available from Clare Vaughan at the email address above  
(Small grants are also available to assist schools, early childhood centres, workplaces & community groups attend the foreshore promenade walk)