



Walk for Mental Health Week

Along the river Torrens on Friday 15th October.

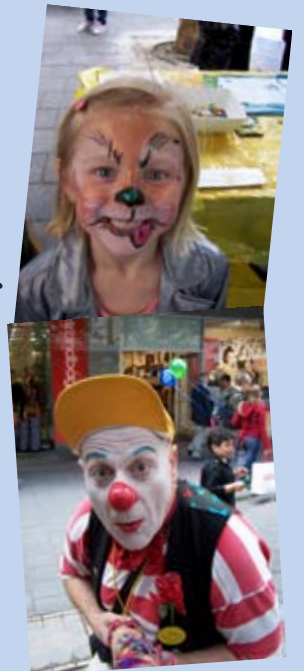
As part of Mental Health Week 2010 the Mental Health Coalition of SA (MHCSA) in partnership with the Mental Illness Fellowship of SA (MIFSA) will be holding a walk around the River Torrens. Participating Walkers will be able to walk around the Torrens visiting Life Style Stops on Wellness, Being Active, Eating Right, Thinking Well, Deep Sleep and Experiencing Nature.

Registrations from interested parties wishing to have a stall at the Being Healthy Village in Elder Park are now open. The village will feature information stalls & activities for young and old. Walkers register at this location before following the Mental Health Week Trail. Upon completion walkers receive a certificate acknowledging their commitment to their own health and well being.

If your organisation would like to take part in this event by registering or you require more information please contact the MHCSA. Your organisation may also like to participate in activities at the life style stops which occur on the MHW Trail. Walkers need to attend the site between 10am and 2pm to participate in the Life Style Stops and receive their certificate.

Walk date: 15th of October 2010 Time: Walk 10am to 2pm

Closing Date for Organisations to Register : 31st August, 2010



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