

# Mental Health Week 2022

## Wellness Calendar 8 to 15 October

Mental Health Week highlights the importance of how your body, mind and environment relate to your overall wellbeing. This year's theme is *'Where we live. How we live. What we've lived.'*

The City of Wanneroo encourages you to take care of your mind, body and environment and join in one of the activities below.

<p><b>Saturday</b> <b>8 October</b></p>	<p><b>Look after your mind, body and environment</b> Connect with a social group, join a sports activity or Bushcare day Visit <a href="http://wanneroo.wa.gov.au/communitydirectory">wanneroo.wa.gov.au/communitydirectory</a></p>
<p><b>Sunday</b> <b>9 October</b></p>	<p><b>Help your mind, body and environment</b> Discover walking trails, shipwrecks, local produce, history and heritage. Visit <a href="http://discoverwanneroo.com.au">discoverwanneroo.com.au</a></p>
<p><b>Monday</b> <b>10 October</b></p>	<p><b>Goal Setting Workshop</b> Wanneroo Aquamotion / 6.45pm-7.45pm Members free, casual fee applies. Bookings 9405 5999.</p> <hr/> <p><b>Northern Suburbs Women's Friendship Group Drop-in Stall</b> Clarkson Library / 10am-1pm, stall also open Tuesday and Wednesday</p>
<p><b>Tuesday</b> <b>11 October</b></p>	<p><b>Inspirations Craft Group</b> Girrawheen Library / 3.30pm-5pm. Bookings <a href="http://wanneroolibraries.eventbrite.com">wanneroolibraries.eventbrite.com</a></p>
<p><b>Wednesday</b> <b>12 October</b></p>	<p><b>Yoga Flow Workshop</b> Wanneroo Aquamotion / 10am-10.45am Members free, casual fee applies. Bookings 9405 5999.</p> <hr/> <p><b>Mindfulness and Sound Healing Workshop</b> Wanneroo Aquamotion / 11am to 12pm Members free, casual fee applies. Bookings 9405 5999.</p>
<p><b>Thursday</b> <b>13 October</b></p>	<p><b>Act, belong, commit</b> Join activities and events in your local area. Visit <a href="http://actbelongcommit.org.au">actbelongcommit.org.au</a></p>
<p><b>Friday</b> <b>14 October</b></p>	<p><b>Try Meditation</b> Girrawheen Library / 12pm-1pm. Bookings <a href="http://wanneroolibraries.eventbrite.com">wanneroolibraries.eventbrite.com</a></p>
<p><b>Saturday</b> <b>15 October</b></p>	<p><b>Yoga Flow Workshop</b> Kingsway Indoor Stadium / 10.15am-11am Members free, casual fee applies. Bookings 9405 5645.</p> <hr/> <p><b>Mindfulness and Sound Healing Workshop</b> Wanneroo Aquamotion / 11.15am-12.15pm Members free, casual fee applies. Bookings 9405 5645.</p> <hr/> <p><b>Dad's Storytime - Meet the Author, Nicholas de Graaf</b> Clarkson Library / 10.30am-11am. Bookings <a href="http://storytimewithdad.eventbrite.com.au">storytimewithdad.eventbrite.com.au</a></p>