



Queensland  
**Mental Health**  
Week

**12-14 OCTOBER**

**Pop-up shop 145 East St (opp Giddy Goat)**

*Please join us at our*

**Wellness Expo**

*Wed - Fri 10am - 3pm*

*Information, mindfulness and tai chi workshops  
live lunchtime music - Twa Lost Geordies, the Bush Busker, Strum  
group and more.*

**2016 Rocky Wellness Festival**

*Friday 3pm - 7pm*

*Hear high octane rock violinist Straycutter (Maddy Dyer)  
and local all-rounder Tucky (Paul Tucksworth)*

*Plus, BBQ, Workshops - Capras ball skills, Random Acts of Art,  
Drumming, Mindfulness Tai Chi, Games, face painting,  
competitions & prizes, CQ Art & Literary competition winners.*

Thanks to event sponsors Stanwell Power Station and Community Solutions

