







Maddy Dyer

## **Rocky Instincts**

## Paul "Tucky" Tuxworth



Mindfulness and art workshops | Competitions | Prizes Mental health information | Wellness Barometer Massage Therapist



Free sausage sizzle provided by the Gracemere **Mens Shed** 



Fun and games for all the family including face painting, the Capras, Random Acts of Creativity and GROW games

