

# "Be yOUUnique" Wellbeing Workshop

October is Mental Health Month. To raise awareness about the importance of mental health and looking after yourself, come along to this free fun workshop.

**Date: Tuesday 7 October 2014**

**Time: 12.00pm – 1.30pm**

**Venue: School of Medicine, Building 30 Room 30.G.213**



Guest speakers from Youth Solutions and headspace

**FREE Pizza**



Take part in an interactive  
art activity



[MENTALHEALTH.ASN.AU](http://MENTALHEALTH.ASN.AU)



For more info, contact Karen (Youth Solutions) on  
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