

FLURO FRIDAY

14 October 2016

Mentone Life Saving Club Beach Road Mentone 3194

(Across the road from Kitchener St – Mel 86J8)

Celebrate Mental Health Week

9 – 15 October 2016

Get involved – dress up in 'FLURO', get out the Zinc Sticks and **MAKE THE INVISIBLE, VISIBLE.**

Mental Health Week aims to energise, educate and encourage Victorians about mental health.

- Join us for Beach Yoga
- Tai Chi
- Surf Skis and Stand Up Paddleboards
- Music
- BBQ Sausage sizzle
- Community walk
- Mental Health Information booths from local services



Fluro Friday starts at 10:00am & finishes at 1:00pm

For more information please contact:

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