



Radiance 

# Community Wellness Expo

Thursday 12 October, 9am - 3pm

Shed Markets - Community Hub, 4 Skiff Way, Abbey

Radiance and Lamp Inc. are partners in hosting the free **Community Wellness Expo** for everyone to connect with mind, body and environment. The day also includes an expo of local organisations, music, face painter and coffee.

Scan for more Mental Health Week events:



Community Wellness Expo:

Registrations	9.00
Movement	9.30 - 10.00
Yoga	10.15 - 10.45
Free morning tea	10.45 - 11.30
Drumming	11.30 - 12.30
Free lunch	12.30 - 1.30
	<i>byo picnic blanket</i>
Choir	1.30 - 2.30



For more info email us at  
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