



**NGATI KAHU SOCIAL AND HEALTH  
SERVICES**

*He Oranga Tangata*

# MENTAL HEALTH AWARENESS WEEK

**30 SEPTEMBER 2020**

whanau friendly spot prizes kai karaoke  
me aro tonu me ako tonu me kori tonu  
whakawhanaunga tukua

9:30am: Assemble at Ngati Kahu Social & Health Services carpark

10am: Hiko through town

10:45am - 2pm: MINUTE TO WIN IT (Te Ahu Centre)

To register for Minute To Win It freephone 0800428452