

Empowering Health in the Macedon Ranges

MINDFUL

MOVES

6th July

10am to 12pm



Buffalo Stadium, Woodend

Join us for a **FREE** integrative fitness, well-being, and mental health event!

This event features low-impact circuit training, but it's more than just a workout, it's about connecting with other community members in a fun and supportive environment.

Macedon Ranges Suicide Prevention Action Group will kick off the event with discussions about mental health and our suicide prevention efforts within the community.

We'll provide information and resources on healthy eating and ways to connect with local support services for yourself, your family, or friends.

This is also a great opportunity to meet other personal trainers involved in the program, along with members of the MRSPAG team.

events.humanitix.com/mindful-moves-launch-event

