

If you're **anxious** to get out for a day, this **event** is for you.

In our daily lives, any one of us could be exposed to **Anxiety, Depression, Trauma** and **Cancer**. That's why we have organised a **Stress-Free** day of **Fun, Relaxation** and **Togetherness**.

Join us on **5 September 2010** at **Walter Sisulu National Botanical Gardens, Malcolm Rd, Krugersdorp**, where you and your loved ones can enjoy a variety of fun activities supported by our generous sponsors. A healthcare professional will be presenting between 12h00 and 13h00 to advise on how better to deal with life's daily challenges. Gates open at **10h00**

So, pack a picnic and get your mind and body healthy.
Join us for this **Anxiety-Free** event.

we mind your mind

Admission R25

Activities supported by



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