

WorkPlace Lock-Out

10 October
12-1 pm

Nature is key.

Kick your staff and colleagues outside to spend some time in nature on World Mental Health Day.



**Mental Health
Awareness Week**
9-15 October

 **Mental Health Foundation**
mauri tū, mauri era OF NEW ZEALAND

Sign up to the event on mhaw.nz/lockout and receive an advance copy of the Five Ways to Wellbeing at Work toolkit.