

Mental Health Week ★ 4-10 October 2009

“Wellbeing in the Workplace”

Mental Health Week **COMPETITION**

What makes your workplace the best workplace in Alice Springs?



- ★ What is good mental health?
- ★ What creates a healthy work environment?

Your workplace could win a “Wellbeing Package” valued @ \$2000

Plus Spot Prizes for the best individual contributions - including gym membership & massage vouchers

Tell us & your workplace could win a “Wellbeing Package” valued at \$2000, including -

- ◆ Healthy lunch @ the Diplomat - Red Sea Restaurant
- ◆ 2-hour workshop on Stress Management
- ◆ 2-hour workshop on Conflict Management
- ◆ Workplace neck & shoulder massage
- ◆ 2 x 1-hour yoga & relaxation sessions

Open to workplaces of between 8-20 employees

Entry forms available from rita.riedel@mhaca.org.au

- ★ *Winners to be announced at the Mental Health Week dinner on 7 October (for tickets contact MHACA on 8950 4600 or email info@mhaca.org.au)*

Entries close - Thursday, 1 October 2009 ★ email rita.riedel@mhaca.org.au

Sponsored by the Mental Health Association of Central Australia (MHACA), Employee Assistance Service Australia (EASA), Diplomat Alice Springs, Jane Clark Massage, Beyond Breathing Space, YMCA, Get Physical, Alice Body Crafts & Mombasa Day Spa

