



# Event Detail

## Mental Health Mates Walk



Join us for a Walk and Talk to Nurture Your Mental Health! In a world where we're constantly bombarded with screens and stress, taking care of our mental health is more important than ever. That's why we're inviting you to join us for a refreshing Walk and Talk session!

Venue	Heritage Park
	Adelaide Street
	Blayney, NSW, Australia
Start Date	12 May 2024 3:00 PM
End Date	12 May 2024 6:00 PM
Price	\$0.00
Additional Info	Join us for a Walk and Talk to Nurture Your Mental Health! In a world where we're constantly bombarded with screens and stress, taking care of our mental health is more important than

ever. That's why we're inviting you to join us for a refreshing Walk and Talk session!

What is a Walk and Talk?

It's exactly what it sounds like – a chance to get moving and engage in meaningful conversation while enjoying the great outdoors. Instead of sitting in an office or meeting room, we'll lace up our sneakers and explore nature together.

Why Walk and Talk?

Research shows that spending time in nature can reduce stress, improve mood, and boost creativity. Combine that with the benefits of physical activity, and you have a powerful recipe for enhancing your mental well-being.

What will we talk about?

Anything and everything! Whether you want to share your thoughts, vent about your day, or simply enjoy some light-hearted conversation, this is a judgment-free space where you can be yourself.

Who can join?

Everyone is welcome! Whether you're struggling with mental health issues or simply looking for a new way to connect with others, we invite you to join our inclusive community.

When and where?

Our Walk and Talk sessions take place every month. Check our website or social media for updates and specific meeting points.

What should I bring?

Comfortable walking shoes, weather-appropriate clothing, and

an open mind! You're also welcome to bring along a friend or family member if you'd like.

Let's walk, talk, and nurture our mental health together!

If you're ready to take a step toward greater well-being, join us for our next Walk and Talk session. Together, we can explore the beauty of nature while supporting each other on our mental health journeys. See you there!

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