



HUON VALLEY COUNCIL

MEDIA RELEASE

17 September 2018

‘Stronger Together’ Health & Wellbeing Expo

‘Stronger Together’ is the theme for the 2018 Mental Health Week (Sunday, 7 October to Saturday, 13 October).

Huon Valley Council Commissioner Adriana Taylor says the Council is supporting a Health & Wellbeing Expo in the lead up to Mental Health Week.

“The purpose of the Expo, and the following week is to engage people in activities that promote mental health and wellbeing.

“We want to raise awareness and understanding about mental illness, and how it impacts on the lives of people in our communities.

“Council has recently conducted community consultation sessions to develop an ongoing Health and Wellbeing strategy for the Huon Valley.

“The Expo is an opportunity to showcase what helps us all stay healthy and well and what resources we have in our community to support health and wellbeing.

“The Expo will feature local service providers, businesses and community groups that support mental health and wellbeing in the Huon Valley.

“Exhibitors and activities will feature a variety of options for people to consider in relation to self-care, building resilience and fostering understanding.

“This is a community led event. Our partners are the Huon Community Health Centre, Huonville Library, Huon Regional Care and the Health and Resilient Communities Group (supported by Rural Alive & Well),” Commissioner Taylor said.

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WHAT: Huon Valley Mental Health and Wellbeing Expo

WHEN: Thursday the 4th of October 2018 10am-2pm

WHERE: Huonville Town Hall and surrounds including the Huon Community Health Centre and Huon Library

For more information

Adriana Taylor – Huon Valley Council Commissioner

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