

# FREE Community Event

# Reach out and Connect

It's a Beautiful Day by the River

Has your family/kids/individuals or veterans  
been touched by trauma incl Post Traumatic  
Stress Disorder (PTSD)?

Come along and have some fun

**Saturday Nov 20 from 11am to 3pm**

Noosaville Lions Park near the Yacht Club

**Free Snag Sizzle**

**Every journey starts with small steps**

Inquiries contact: Bob 0413 901 297  
noosa.beautifulday@gmail.com

**Join in therapy  
exercises**

- Chair yoga • Tai Chi



**A demonstration  
by PTSD Dogs**

**Music for your  
entertainment by  
The SandFlies**



**Mental Fitness - it's a walk in the park**

Chat with up to 14 service providers for your  
own plan for PTSD support

Enabling you to create your own pathway to mental fitness

**Proudly presented by Joint Partners**

Noosa Heads Rotary • Noosa Rotary • Rotary Noosa Daybreak  
Cooroy Rotary • Eumundi Rotary

