







WILL YOU BE SERENITY IN THE STADIUM'S LEADING WORKPLACE?

**BUILD SOCIAL CONNECTION AMONGST YOUR TEAM AND
MOVE FOR YOUR MIND AT 'SERENITY IN THE STADIUM' ON
WORLD MENTAL HEALTH DAY!**

**WORKPLACES PLAY A VITAL ROLE IN OUR PHYSICAL AND
MENTAL HEALTH.**

**BY PROMOTING THIS EVENT AND GATHERING A GROUP
TOGETHER TO ATTEND, YOU ARE:**

-  **ENTICING STAFF OFF THE SCREEN AND OUT
INTO THE FRESH AIR**
-  **SUPPORTING KEY NON-FOR-PROFITS IN READ
THE PLAY & ACTIVE GEELONG**
-  **PROMOTING POSITIVE PHYSICAL AND
MENTAL HEALTH**
-  **ENCOURAGING SOCIAL CONNECTION AND
FOSTERING WELL-BEING FOR YOUR STAFF**

**THERE IS NO BETTER WAY TO ACTIVELY SUPPORT YOUR
STAFF ON WORLD MENTAL HEALTH DAY AND AS AN
INCENTIVE, WE WILL BE RECOGNISING THE LOCAL
WORKPLACE WITH THE HIGHEST NUMBER OF ENTRIES.**

WE LOOK FORWARD TO SEEING YOU ON THE 10TH OF OCTOBER!