



*it's not about ball skills,
it's about living skills*

ROAD TO RESILIENCE

*it's a journey, not a destination
an evening for everyone with two Australian icons*



Craig Hamilton, ABC sports broadcaster

"Anyone can improve their mental health as effectively as we can better our physical fitness. The key is making the decision to do it."

Wayne Bennett, coaching legend

"You can be a success but you've got to get up and make something happen."



**Roma
Cultural Centre**

Friday

NOVEMBER 14, 2014

Free BBQ – 6:15pm

7pm event start

**Goondiwindi
Community Centre**

Saturday

NOVEMBER 15, 2014

Free BBQ – 6:15pm

7pm event start

Don't miss this
uplifting event!
It will book out.

Please register to avoid
disappointment.

Bookings open
October 1.

Helping To Increase Awareness about Depression and Mental Illness

