



**BOAB
HEALTH
PRESENTS**

Art for Wellbeing

EXHIBITION FOR MENTAL HEALTH WEEK

8-12th October 2018

Boab Health Services invite people to submit artworks for our Mental Health Week Art Exhibition, to be held in Broome and Kununurra.

Creating art has been proven to be beneficial to health and wellbeing. Offering a creative and safe way for people to express emotions and feelings, creating art is proven to help people feel strong and healthy in their mind, body, spirit and culture.

Activities such as drawing, painting, knitting, quilting, sewing, photography, woodwork, ceramics, gardening, sculpting, film-making, creating music, dancing, singing, movement, poetry and other forms of expressive writing are all forms of art.

Why not experience the benefits of art making for yourself by getting involved with our art exhibition? It's open to the public - anyone can enter!

For more information please visit our website www.boabhealth.com.au or collect an entry form from Boab Health Services

Broome: 08 9192 7888 / Kununurra: 08 9168 2560 / E: reception@boabhealth.com.au

Boab Health Services are now on Facebook! Like us to keep up to date with news and events



Government of Western Australia
WA Country Health Service

Government of Western Australia
Mental Health Commission