



BOAB HEALTH  
PRESENTS

# Art for Wellbeing

EXHIBITION FOR MENTAL HEALTH WEEK  
BOULEVARD SHOPPING CENTRE

**TUESDAY 8TH - THURSDAY 10TH**

**Open 9am - 3pm\***

\*SPECIAL CLOSING EVENT ON THURSDAY UNTIL 6PM

## Tuesday

12:30pm - 1pm : Lunchtime Mindfulness with Michelle, delivered by Boab.

1pm - 2:30pm : Inspire Hope & Goal Setting with Bec, delivered by Helping Minds.

## Wednesday

9:30am - 10:30am : Wellbeing from head to toes with Jenny, delivered by Boab.

1:30pm - 3pm : Music Therapy with Lucy, delivered by Lucy O'Grady.

## Thursday

10:30am - 12pm: Basket Weaving with Amy, delivered by Nyamba Buru Yawuru.

3pm - 6pm: CLOSING EVENT

**WITH SPECIAL THANKS TO  
PRIMEWEST BROOME BOULEVARD**

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