



**Bulimba District RSL Sub Branch
Invites Veterans and Families to a Mental Wellness Day**

Date: Sunday 8th October 2023

Time: 10 AM to 2 PM

Location: Bulimba Memorial Bowls Club, 6 Quinn St, Balmoral

Program: Presentations on Mental Health, plus free tea, coffee and snacks, followed by a BBQ lunch and Barefoot Bowls.

Presentations by:

Dr Andrew Cronin, a Veterans Doctor, and Sub Branch member, will be available to answer questions during the day.

Deputy Commissioner DVA QLD: Tara Hatzismalis

Defence Service Homes Insurance: Brenda Lechmere and Hannah Chumbley,

There will also be other Veteran Support material on the day. After the presentations, there will be a free BBQ lunch followed by Bare Foot Bowls. A Jumping Castle will also be available. Soft Drinks will be free, other drinks at bar prices.

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