



Healthy Minds
+ Wellbeing Expo

2026

HEALTHY MINDS AND WELLBEING EXPO

THURSDAY

8 OCTOBER 2026

KOGARAH PARK, CARLTON

10.30am - 2.30pm

We will have:

Bike and Blend | Coffee Truck
Mindfulness Activities
Pass the Ball with St George
Dragons | Arts and Crafts
Oz Harvest Food Truck
Up to 25 Organisations to meet

Chance to win Event
Movie tickets and
Shopping Vouchers!

**FREE
EVENT**



By **STRIDE** For better
mental health



Venue supported by GRC



For enquiries, please call KCS on 02 9553 6506