

Health and Wellbeing & Health and Wellbeing &



# WBOP Disability Support Trust

## Health & Wellbeing Seminar

The WBOP Disability Support Trust warmly invites you to come along and enjoy a morning at our free Health & Wellbeing Seminar. Bring a friend, bring your family, open to all the sector - all welcome!

**THURSDAY 17 JUNE 2021**

**10am - 1pm**

**Bethlehem Baptist Church  
90 Bethlehem Road**

### PRESENTERS

**Simon Seal and Prya BeHarry, Neuropsychologists:**

*Mental Fatigue - Stay Safe and Stay Sane - Coping in a COVID World*

**Jason Edgecombe:**

*I'm fine, how are you?*

**Milton Tawa:**

*Hikoi au - my journey*

**Aaron Balsom & Casey Brady, NextStep fully inclusive gym:**

*Come along and find out why it's time to stand up:  
NextStep brings unique new therapy to NZ from America*

To reserve your place: Contact Gill Gardener, Coordinator. Email: [coordinator.wbop.dst@gmail.com](mailto:coordinator.wbop.dst@gmail.com). Tel: 021 333 900

Health and Wellbeing & Health and Wellbeing &

Health and Wellbeing & Health and Wellbeing &

Health and Wellbeing & Health and Wellbeing &