

WELLBEING EVENT FOR ALL AP/DP'S

Friday, July 30th, 9-3 p.m. (feel free to stay on after the event and enjoy a drink with your colleagues.)

The Boatshed Cafe- Karapiro

RACHEL MATHESON- SPARKHOUSE

Do you want to spend some time delving into ways of improving your wellbeing, managing stress, and finding better balance in your life? Rachel from Sparkhouse will be speaking to our Waikato AP/DP cluster at the Boatshed Cafe (Karapiro). Depending on numbers the price will be between \$120-\$150 for the day (food, tea and coffee included). This event will be capped at 100 attendees so get in quick!

Registrations close Friday 2nd July.

RSVP via the Google form: [Register here](#)

