

# MENTAL HEALTH AWARENESS WEEK 2024

## Movement: Moving more for our mental health



### **Sunday 29 September**

*1pm to 4pm, Front Street, Hamilton*  
**Celebrating Wellness Fair**  
(Department of Health)

### **Sunday 6 October**

*7:30am - 11am, Botanical Gardens*  
**Steps to Mental Wellness 5K Walk**  
with Bermuda Mental Health Foundation

### **Monday 7 October**

*8am to 9am, Trimmingham Hill roundabout*  
**Greeting the rush hour traffic**

### **Tuesday 8 October**

*8am, Magic 102.7FM*  
**Health is Wealth radio interview**

### **Thursday 10 October**

**WORLD MENTAL HEALTH DAY**  
*11:45am to 4pm, City Hall steps and lawn*  
**World Mental Health Day launch (11:45am)**  
**BHB Mental Health Fair (noon to 4pm)**

### **Saturday 12 October**

*9:30am to 11:30am, Dockyard Scooter Mart*  
**Cycling for our mental health**

### **Sunday 13 October**

*11am, Buelah Tabernacle, Somerset*  
**Church celebratory service**



Bermuda Hospitals Board