

Join in the fun at this week's Club Meeting!

World Mental Health Day is this week and that's when Australian Rotary Health celebrates **Hat Day** on **Thursday October 10,** as part of its national **Lift the Lid on Mental Illness** fundraising campaign.

Get involved a day early at this week's meeting!

As well as our community bowls, we may just pass the hat round in support of mental health!

Wear you smartest, funniest or weirdest hat and win a bottle of shiraz for the most innovative hat, donated and judged by ARHF Convenor Kay Dowling!

Our support will help the **1 in 5 Australians** who suffer a mental illness every year. 100% of funds raised will go towards vital **mental health research** at universities across Australia.