Mental health is everyone's business

Depression can affect anyone

Depression can be treated

THE ROAD TO RESILIENCE

Adam Przytula
founder of
ARMED FOR LIFE
Listen to his journey
and be inspired.

Lawrence Shuruma
high-performance coach
FOOTBALL METHOD INT.
Meet this athlete
and mentor.

6:00 to 8:30 pm **31 May 2022**
The **Undalup Room**, **2 Southern Drive Busselton**
Speaker event, book signing. Finger food provided

Register at https://www.trybooking.com/BZJQM It's free

End the stigma

A **Busselton Dunsborough Alliance Against DEPRESSION** event

Adam Przytula founder of ARMED FOR LIFE

”Too often” says Adam “we struggle with issues such as depression, anxiety and suicidal thoughts without reaching out and getting the help we need. Now we strive to make it acceptable to ask for that help”.

Lawrence Shuruma

high-performance coach

FOOTBALL METHOD INT.

Lawrence played for many soccer teams around the world including Perth Glory and the Australian all-star team. He currently uses his expertise to manage a soccer academy.

This free event is funded by

WAPHA WA Primary Health Alliance

phn PERTH NORTH, PERTH SOUTH, COUNTRY WA An Australian Government Initiative

busselton dunsborough alliance against DEPRESSION

With the generous support of

City of Busselton Geographe Bay

The MAN WALK Busselton WALK. TALK. SUPPORT

ARMED FOR LIFE Equipping you for a healthy and resilient life

Busselton Dunsborough Alliance Against DEPRESSION

ContactUs@bdaad.org.au

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