

# TEMORA COMMUNITY PRESENTATION



**Discover how to build positive mental health at our free presentation.**

At The Resilience Project, we're all about helping people feel happier and build resilience, and we do this through sharing simple, positive wellbeing tools with anyone and everyone.

When building positive mental health in communities, we know the biggest impact happens when we **work together** – which is where this presentation comes in.



Join The Resilience Project Partner and former AFL Player, **Martin Heppell**, for his flagship '**Discovering Resilience**' presentation. Through his high-energy humour and captivating storytelling, Martin will share the evidence-based tips we can use everyday to improve our wellbeing.



Equip yourself with **simple, practical tools** to look after your wellbeing.



Learn about the confronting mental health statistics in our country, and understand why **prevention is the key to changing this narrative**.



Discover **Gratitude, Empathy & Mindfulness**; the evidence-based principles proven to help us feel happier.



**Thursday 23rd October 2025**

**6:30pm – 8:00pm**

With a sausage sizzle kicking off from 5.30pm.

**Temora Memorial Town Hall**

127-129 De Boos St, Temora NSW 2666

To attend this presentation, you must register for a free ticket.