

LIFT THE LID WALK

PHYSICAL HEALTH FOR MENTAL HEALTH

Join us for a walk and talk in our local community as we raise vital funds for mental health research



BUSSELTON

SATURDAY 4th
OCTOBER 2025

Start from
BUSSELTON JETTY

FROM 7:30AM

Become
part of the
solution

Australian Rotary
Health invests millions
each year to fund
breakthrough Research
into Mental Health.

PROUD 2025
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to
YOUR
MIND



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