

Free BBQ

with Mr. Perfect



Date: 15 September 2019

Time: 11:30AM

Location: Islington Park

151 Maitland Rd, Islington Newcastle

RSVP 0417 772 390 or [e greg@menshealthservices.com.au](mailto:greg@menshealthservices.com.au)

Mr Perfect holds free "Meetup" BBQs in various locations across Australia.

The format is simple, informal and completely inclusive. It is a chance to get out of the house, into the sun and socialise and meet great people to form a supportive community.

Friends, family and pets welcome too! Mental health is discussed at times and is purely optional.

Find out more at MrPerfect.org.au



MR.
PERFECT
MENTAL HEALTH'S MATE

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