GARUDAS SPORTS AND CULTURAL ASSOCIATION

PRESENTS

THE WELLNESS RUN

Run Connect Support Make a Difference

Break the stigma, one step at a time.

Funds raised go to Beyond Blue's 24/7 Support Service.

SUNDAY
15 NOVEMBER 2026
8:45 AM – 10:45 AM
Arrive 10 minutes early to allow time for parking and registration.

ARNDELL PARK RESERVE, TRUGANINA
(Assembly beside cricket nets)

2.5K AND 6K FUNDRAISING RUN
Open to all – Men, Women, Kids & Families

ROUTE MAP



START / FINISH AREA

1. **PARK** in Arndell Community Centre car park
2. **ASSEMBLE** just behind the cricket nets
3. **START / FINISH** beside the assembly area

SUPPORTED BY wyndham city citycoast.country

JOOPS SALON Event Partner & Sponsor

First Aid Contact: 0432612781 | 0497775934

FUNDRAISING FOR Proudly supporting Beyond Blue

Joops Salon

Hair & Beauty

5/205 Greens Rd,
Wyndham Vale Victoria 3024

03-8742 6674

20% OFF ON ALL

PROFESSIONAL GROOMING AND BEAUTY SERVICES EXCLUSIVELY FOR WELLNESS RUN PARTICIPANTS

To redeem, please show this Wellness Run flyer at the salon!

Terms & Conditions: Offer valid for one year, from 15 November 2026 to 14 November 2027.

WHY WE FUNDRAISE?



- **One in six Australians** is currently experiencing depression or anxiety or both – about **3 million Australians.**
- ABS 2020-22 – About **1 in 4 men (24.6%)** and **1 in 5 men (19.3%)** experienced a mental disorder, yet many do not seek help.
- **Beyond Blue** is committed to helping all people in Australia achieve their best possible mental health by reducing the impact of anxiety, depression, and suicide.

SCAN TO DONATE

Need support? 1300 22 4636 | beyondblue.org.au/getsupport