

A photograph of two men sitting on a boat, looking out at the ocean. The man on the left is wearing a red shirt and sunglasses, and the man on the right is wearing a blue patterned shirt and sunglasses. The background is a vast blue ocean under a clear sky. The image is framed by a large white oval shape with blue and white curved borders at the top and bottom.


RUAH

COMMUNITY SERVICES

Open Hearts. Bold Strides.

Mental Health and Wellness - Recreation

Walking alongside you on your journey

 13 RUAH (13 7824)
www.ruah.org.au



Ruah provides unique recreation services to improve your mental health and wellbeing.

We can support your participation in community based group activities, as well as provide individual support for you to participate in social activities of your choice.

We create a welcoming and friendly space where you can:

- Participate in the activities you love to do.
- Share passions and interests with others.
- Try new activities in a supported way.
- Get out and about and connect with others.
- Improve your physical health and wellbeing.

Our activities can include:

- **Sport and Fitness** – such as cycling, swimming, gym, walking and ball sports.
- **Art and Leisure** – tai chi, arts and craft groups and bush walks.
- **Social Connection** – coffee clubs, meal groups and cultural outings.
- **Health and Wellness** – healthy eating and cooking classes.

