MULTISPARES

YOU'RE INVITED TO OUR HEALTHY HEADS ROAD SHOW

Date: Thursday, 17 April 2025
Time: 11:00 AM – 3:00 PM
Location: Multispares Pemulwuy Branch
1 Turnbull Close, Pemulwuy NSW 2145

Parking available onsite, including truck parking.

It's free and loaded with good stuff

- Tips on mental health and wellbeing
- Industry-specific resources on looking after yourself or your team
- Learn about our Healthy Heads App
- Connect, chat and learn
- Free coffee and healthy snack

Healthy Heads in Trucks & Sheds is a not-for-profit foundation that promotes the understanding of mental health and wellbeing in road transport, warehousing and logistics across Australia.

The aim is to help reduce stigma, raise awareness and educate by connecting with people and providing useful industry-tailored resources.

For more info contact David Preedy on
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Healthy Heads Trucks & Sheds