

## Wellness event - A sellout success

Every seat was filled at last week's Property Management Wellness event. The new initiative highlighted the importance of mental health awareness and managing stress. The event focused on the importance of wellness to ensure a healthy balance of mind, body and spirit.

Beyond Blue estimated that 45 per cent of people will experience a mental health condition in their lifetime. Lifeline estimates that one in two Australians are experiencing a level of stress that could be making them sick.

Guest speakers at the Wellness event included Beyond Blue founder and former Premier Jeff Kennett, R U Ok? Creator Graeme Cowan and media personality Clare Bowditch.

[Click here](#) to find out more about Beyond Blue.

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