**YOUR LETTERHEAD**

To our local hospital team,

**RE: Join us for the 2021 Mental Moments Show**

**Every day during October at 2.00pm (AEST) at** [**mentalmoments.com.au**](http://www.mentalmoments.com.au)**.**

This year has been another challenging one for everyone who lives and works in aged care so I am delighted to invite you to tune in and join us for the 2021 Mental Moments Show.

The Show is free for everyone to enjoy and will run daily throughout Mental Health Month (October) at 2.00pm (AEST). Each Friday we will be showing a one-hour live show with shorter segments focusing on mental health tips and tools from mental health experts and ambassadors each day in between.

The show will be hosted by Max Markson of Markson Sparks and is being shared with aged care workers, residents, clients and families right across Australia to continue the conversation on the importance of mental health in aged care.

Each show will include a variety of performances and entertainment for your enjoyment and recognise the valuable work aged care workers do to improve the lives of older people in their care.

This is going to be another fun filled show and I hope you will join us. The show is a FREE livestream event that can be watched from anywhere and is also available for all of your patients to enjoy – simply go to [**www.mentalmoments.com.au**](http://www.mentalmoments.com.au)**.**

A one page sheet that you can print for your patients has been included explaining how to watch the show.

Kind regards,