



Te mate Tuatea, me
te mate Pōuri o Aotearoa
Perinatal Anxiety &
Depression Aotearoa

she
moves



World Maternal
Mental Health Day
4th May 2022
#maternalMHmatters



CHOOSE TO MOVE!
for Perinatal Mental Health



in partnership with She Moves Fitness Collective

Cycle, Swim, Run, Walk - you #choosetomovenz
Participate any time during this week!

1st to 7th May 2022
Perinatal Mental Health
Awareness Week

1st to 7th May 2022

#eliminatethestigma #PerinatalMHAotearoa



Did you know that in Aotearoa New Zealand 25% of women suffer from anxiety or depression during or after pregnancy and 10% of men experience depression after a child is born? PADA is a national organisation advocating for anyone experiencing mental illnesses as a result of pregnancy, childbirth or early parenthood. We believe that if a parent experiences perinatal mental illness they should know support is available and that they're not alone.

PADA is a charity that receives no Government funding and relies solely on grants and donations to operate. Our virtual Move for Mental Health is an important fundraising initiative that will raise awareness for perinatal mental health and bring in much needed funds, enabling us to continue to support families and whānau in our communities.

Our virtual fundraising event, in partnership with She Moves Fitness Collective is designed to highlight the link between mental wellbeing and exercise. Registrations are \$20 and all proceeds go to PADA to enable us to support the wellbeing of families and whānau throughout Aotearoa New Zealand.

She Moves run online fitness classes helping mums to stay active during pregnancy, and, return to exercise safely postpartum.



Every registration will receive a **FREE ONE MONTH MEMBERSHIP*** with She Moves, and by posting your pictures and tagging She Moves and PADA, you'll go into the draw to win **ONE YEAR'S FREE MEMBERSHIP!**

*not available for current She Moves members

Register: events@pada.nz or call 04 461 6318

www.pada.nz | www.she-moves.co.nz

