



**ASK  
RUOK?**



# The Trust the Signs Tour is coming to Nowra

## FREE event - all welcome

Learn when and how to ask R U OK? | BBQ | Activities for all ages

More info at [ruok.org.au](http://ruok.org.au)

**Date:** Saturday, 7 September

**Time:** 12:00pm - 1:30pm

**Venue:** Shoalhaven Entertainment Centre

