



Garden Releaf Blueberry Challenge

Stuff your face with blueberries **Your health and
beyondblue will thank you**

Research shows us that 3 million Australians are living with depression or anxiety. We also know that seeking relief in the garden can improve not only our physical health but also our mental wellbeing and self-esteem. The Garden Releaf team is focused on raising awareness of this to benefit us all.

We now invite you to support the Garden Releaf awareness campaign by **STUFFING YOUR FACE with BLUBERRIES** and uploading the clip of you doing so to our FACEBOOK page. By making a donation and tagging a friend to challenge them to do the same, you will be in the draw to **win a \$500 Veg Trug instant garden** so you can create your own green space anywhere at home; no matter how big or small your garden is. There will also be weekly prizes of beautiful living blueberry plants so you can grow them at home.

[How to enter](#)

- Grab a pile of delicious blueberries - fresh is always best but frozen is still good for you.
- Get the video filming and tell us why you are about to stuff the blueberries in your face
- Stuff the blueberries in your mouth!
- LIKE our page www.facebook.com/gardenreleafaustralia
- Upload the video onto our FACEBOOK page and tag a friend to challenge them to Stuff their face as well
- To make a contribution to *beyondblue* Click on our DONATION link and forward the email receipt to us at gardenreleaf@gmail.com

Why celebrate blueberries? Blueberries – renamed **‘brainberries’** by author Dr. Steven Platt contain the highest antioxidant capacity of all fruits and berries- so not only are they super delicious they are a super fruit. They are really good for your brain, memory, cognitive function and overall health. What’s more, they are easy to grow in a small sunny garden space and with some basic care will fruit prolifically for you! The team at Garden Releaf is encouraging everyone to eat and grow blueberries and use this special day to raise money for *beyond blue* and its ongoing work to “*provide information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.*”

Terms and conditions of promotion

The promoter is Garden Centres Association of Australia. The promotion has been developed to raise awareness of the Garden Releaf program and raise funds for *beyondblue*. The promotion runs from 24/12/2016 to 31/03/2017. Major prize winner will be drawn on 31st March 2017 via random draw. The winner will be contacted via email and Messenger and will be advertised via the Garden Releaf facebook page. The prize winner must be in a position to collect the major prize from their nearest participating Garden Releaf store in Australia. Details of Garden Releaf stores can be found on this website. To be in the draw to win the Veg Trug prize entrants must upload a video to the Garden Releaf facebook page showing themselves "Stuffing their face with blueberries" as well as make a donation to *beyondblue* via the Garden Releaf donation link. Confirmation of the donation is to be sent via email to gardenreleafaustralia@gmail.com The link to do so will be shown after the donation is made. The promoter reserves the right to remove any video clip deemed offensive or

inappropriate to the promotion. The total prize pool is \$650, prizes are not redeemable for cash.

Further information, Leigh Siebler on 0409 889 770 OR leigh.siebler@bigpond.com