

10th Annual Compression V Depression Motorcycle Ride

Dear Member,

The HSU is proud to announce our support of the 10th Annual Compression v Depression Motorcycle Ride this **Sunday 3rd November**, starting from Ballina Motorcycles at 21 Kerr St, Ballina.

Registration for riders will be open from 7:30am, and the ride will depart at 9:30am. Proceeds raised will go to supporting local veterans through the Veterans' Advocacy Centre. There will also be an opportunity for one lucky winner to take home \$1000 cash. More details are [available here](#).

The ride helps to promote mental health issues, as well as motorcycle safety. If you're a motorcycle rider, the HSU encourages you to get involved in what promises to be a great day!

In unity,



Gerard Hayes
Secretary, HSU NSW/ACT/QLD