



*Join Us For*  
**MENTAL  
HEALTH**  
*Week On 15th May*  
*@ Springhill Hub*

**11.30AM - BRUNCH**

**12.30PM - UNDERSTANDING STIGMA**

**14.00PM - MINDFULNESS**

**FREE EVENT**

CONTACT US ON  
01501 825800  
OPTION 2 TO SECURE  
YOUR PLACE