

HARVEST YOUR POTENTIAL

THIS
WORLD MENTAL HEALTH DAY

10TH
OCTOBER
10AM - 1PM

at
MIRFIELD
COMMUNITY
CENTRE

Join us for:

- This free event open to all adults who wish to improve their health & wellbeing
- Try yoga, mindfulness, crafting & much more!
- Meet our amazing Volunteers & Peer Workers
- Make connections with others over a cuppa

BOOK NOW



Contact Us 07717 867911

Ckrecovery.wellbeing@swyt.nhs.uk

