

Help Trafford Celebrate World Mental Health Day 2010

Improve your mental and physical health and wellbeing in Trafford

9.30am to 3.00pm
Thursday 7th October
at
Partington Community Centre
Central Road Partington M31 4FY

**Venues also include: Healthy Living Centre,
Childrens Centre and Partington Library**

Free Car Parking Available

**Free return community transport pick up from:
Altrincham Hub, Park House Sale, blueSCI Old Trafford
Sale West Community Centre**

For more information, pick up times etc. Tel 912 4828 or email: alicia@bluesci.org.uk



Information stalls
Health screening
Fitness testing
Healthy eating
Stop smoking
Free hot lunch
Poetry
Dance
Guest speakers

Including:



bus

Workshops on: Cannabis and mental health
Food and mood
Healthy eating

Taster sessions: Complementary therapy
Relaxation techniques
Salsa
Exercise
Cycling
Belly dancing

etc.....

Organised by Friends of World Mental Health Day