

Stevenage in Mind



In celebration of MHAW'18 we will be running a variety of fun and informative talks and workshops on topics such as:

- Stress management
- Local services
- Mindfulness

Anyone and everyone is welcome to join us in bringing the people of Stevenage together to end the stigma around mental health and improve wellbeing!

When?

16th May 2018
11am-3pm

Where?

Stevenage Wellbeing Centre
13 Town Square
Stevenage
SG1 1BP

The first 30 people will each receive a free wellbeing goody bag!

For more information:

emma.paisley@mindinmidherts.org.uk
www.eventbrite.co.uk/e/mhaw18-stevenage-in-mind-event-tickets-44402331569

Registered charity no. 1101678

 **mind in Mid Herts**
for better mental health