

Lower Your Guard Talk Mental Health

‘It’s The Little Things That Matter’

**Part of a series of events for mental health
awareness week #MHAW17**

A TALK BY 4 LOCAL PEOPLE

What is it like living with a mental health condition? Focusing on the positive approach that works for them. This event is specifically for anyone supporting others with their mental health - Volunteers, Family and Friends

**The Bubble, 4-5 Chapel Court
Bath, BA1 1SQ
Wed 10th May, 6 - 8 pm**

**Art Workshop by local artist
Steve Hedley**

**Canapes and Nibbles provided
by local caterer**

‘Food For Thought’

**Booking essential: Lee Rawlings
07917 210187 L.rawlings@nhs.net**

