



## Improving our mental health

11:00 – 12:00, Tuesday 6<sup>th</sup> November 2018

at the Volunteer Centre in Croydon  
Unit 32, Centrale Shopping Centre (ground floor)  
21 North End, CR0 1TY

Join us and learn some top tips on:

- How to improve your wellbeing
- Handle stress better
- Techniques that help you relax

To book a place, please contact:

Mary Lawrence, Croydon Volunteer Centre

Tel: 020 8253 1261 or

Anna D'Agostino, Croydon BME Forum

Tel: 020 8684 3719, [anna@bmeforum.org](mailto:anna@bmeforum.org)



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