



HAPPY HEADS



Wellbeing event for body, mind and spirit!

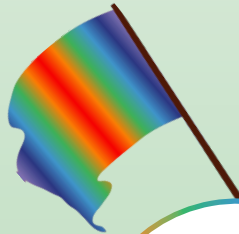
Looking at 7 areas of life to keep balance

- Nutrition
- Purpose, Dreams, Goals and Rewards
- Hobbies & Creativity
- Rest, Sleep & Self Care
- Exercise
- Faith, Community and Identity
- Friends, Family & Alone Time

Guest
speaker
Jonny
Benjamin
M.B.E



Interactive
art
workshops



Movement
and flag
dance
workshops

Music,
entertainment
and dancing

A
massage
room



Several
mental
health
charity
stands

Snacks and
refreshments



Recovery
stories from
the Happy
Heads team



Saturday 13th July 2019, 2pm until 6pm

New Life Christian Centre, 5 Cairo New Road

Register FREE at:

<https://www.eventbrite.co.uk/e/happy-heads-3-a-mental-health-event-tickets-54618303817>

Supported by

