

WORLD MENTAL HEALTH DAY 2016



No Health Without Mental Health! Mental Health is everyone's business.

Join SpeakUpCIC Walk & Talk on 11th October starting at 1.00pm from Margate Clock Tower finishing at a local Café for a wellearned cup of tea and chat.

A fun beach walk for mental and physical wellbeing, celebrating World Mental Health Day.

Speakup (CIC) Media Centre | 11-13 Kings Street | Margate | Kent | CT9 1DT e-mail: admin@speakupcic.co.uk | Tel: 01843 448384

CIC No: 0753095