

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 well-
earned cup of tea and chat.

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