

Mental Health in Balance

**Two mornings focusing on mental health;
for anyone who supports people in the Community**



Monday 12th March & Tuesday 13th March
at: Christ Church, Town Square, Woking, GU21 6YG
9:30am - 1:30pm

Presentations and workshops by professionals who work with those with mental health issues:

- Research and studies have shown there is a clear link between mental and physical health. The body's need for exercise is accepted but what of the mind?
- How can spirituality, mindfulness, exercise and the history of 'living' impact on our mental wellbeing ?
- What about the young mind ?
- Practical advice and support

During these two mornings, we will explore the pathways to a balanced mind. **Join us for one day or both** – something for everyone concerned with mental wellbeing

Tea, coffee and pastries provided!

All are welcome, a suggested £10 donation given on the day. Booking is separate for each day. If you would like to attend or for further information, please contact:

email: suzette.jones@cofeguildford.org.uk tel: 01483 790 335

The Mental Health Forum of The Diocese of Guildford

Dept. for Social Responsibility, Diocesan House, Quarry Street, Guildford, GU1 3XG