



**Network Event**  
**Thursday 22nd February**  
**5:30pm onwards**  
**MFA Bowl, 141 High Street**  
**West, Sunderland, SR1 1TR**

## **ALL WELCOME**

Come and join us at MFA Bowl to meet with other Health Champions whilst having a game of bowling. Andrene Wilson will be around to give you information on how to motivate others, help with awareness of mind, thoughts, habits and different therapies that are available.

All champions who attend the event will be in with a chance of winning a **£20 Amazon voucher**.

If you have any friends, family or work colleagues who would be interested in becoming a Health Champion please bring them along.

Refreshments will be provided.

**If you have any questions  
or to RSVP to the event,  
Please contact Washington Mind on  
0191 417 8043 or  
email [jemma@washingtonmind.org.uk](mailto:jemma@washingtonmind.org.uk)**



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**Washington**

*Seeing people - not problems ...*

