

**MENTAL  
HEALTH  
AWARENESS  
WEEK**

14<sup>th</sup> – 20<sup>th</sup> May 2018

# Health and Wellbeing Drop In



**Monday 14<sup>th</sup> May**  
**Cleadon Park Library**  
**10:00am - 1:00pm**

The Change4Life Health and Wellbeing Champions Network are offering a free coffee morning where they will be promoting the five a day message for health and happiness. A number of local organisations will be providing information and promoting their services.

Please drop in and join us for a free cuppa and healthy soup.

