



World Mental Health Day 10/10/2018

Programme of Events @ The Healthy Living Centre: 11:30am till 2.30pm

11:30am	Tai Chi
12:15pm	Crafts Session
1:00pm	Thyme to Cook - Mood Food
1:30pm	Cake Decorating
1:45pm	Yoga Fairfield Leisure Centre
2:10pm	Mindfulness session with MIND

Tai Chi, Thyme to Cook, Craft and Cake Decorating will be run by HLC volunteers/sessional workers.