

time to change

let's end mental health discrimination

World Mental Health Day

Health Day 2014



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**Friday 10th
October 2014**

Park Place Shopping
Centre (by Wilkinsons)
10am-4pm

**TAKING
NOTICE**

Day includes:

- FREE NHS Health checks
- Health stands
- Craft stalls

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For further information
regarding lifestyle
changes including
emotional health &
wellbeing please call
01922 444044

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One call for all your lifestyle needs