

# Mental Health Awareness Week

*On the theme of 'anxiety', this year's Mental Health Awareness Week is from 15 to 21 May.*

**Monday 15<sup>th</sup> May** – An Introduction to Mindfulness

*2pm – 3.30pm*

**Wednesday 17<sup>th</sup> May** – Cake Sale

*9am -12pm*

**Wednesday 17<sup>th</sup> May** – Obesity Workshop

*1pm – 3.30pm*

**Thursday 18<sup>th</sup> May** – Art Group (with Calming Anxiety Film)

*12pm – 3pm*

**Saturday 20<sup>th</sup> May** – Exercise for Mental Wellbeing

*11am – 12pm*

**Saturday 20<sup>th</sup> May** – Afternoon Film

*1pm – 3pm*

