

Supported by Headlight Charity No: 1056576



#WMHD

Celebrating World Mental Health Day 2018

Join us for a free wellbeing rock painting workshop

Wed 10th Oct 3.30 - 5.30pm Bath City Farm

Kelston View, Bath, BA2 1NW

A community event for all ages
No need to book

Paint your rock, then

- · Hide it for someone to find,
- · Keep it, or
- Give it to someone to brighten their day.

Spread a little kindness

For further details contact L.rawlings@nhs.net

#Lower Your Guard



