

MENTAL HEALTH AWARENESS WEEK

13-19 May 2019

#MHAW19
#MentalHealthAwarenessWeek

Mental Health Awareness Week 2019: Events

Monday 13 May:

Event	Time	Venue	Further details
Bhangra fitness: An amazing calorie blazing fitness workout	2pm to 3pm	Health and Wellbeing College 225 Old Street Ashton-under-Lyne OL6 7SR	No need to book

Tuesday 14 May:

Event	Time	Venue	Further details
TED Talk Tuesday (why thinking you're ugly is bad for you): <i>Watch a brief video and reflect on and share what you have seen</i>	12.30pm to 1.30pm	Health and Wellbeing College 225 Old Street Ashton-under-Lyne OL6 7SR	No need to book

Wednesday 15 May:

Event	Time	Venue	Further details
Curry and Chatt: <i>In partnership with Lily's vegetarian restaurant</i>	12.30pm to 2pm	Health and Wellbeing College (Ashton campus) 225 Old Street Ashton-under-Lyne OL6 7SR	No need to book

Thursday 16 May:

Event	Time	Venue	Further details
Coffee morning	10am to 12pm	Health and Wellbeing College (Bury campus) The Creative Living Centre, 1A Rectory Lane Prestwich M25 1BP	No need to book

Friday 17 May:

Event	Time	Venue	Further details
Rochdale family fun day – lots of free activities on offer	10am to 3pm	Heybrook Sure Start Children's Centre, Park Road, Rochdale, OL12 9BJ	Click here to find out more No need to book.
Mindfulness taster session	12.30pm to 1.30pm	Oldham Library, Greaves Street, Oldham, OL1 1AL	Click here to book a place
Arts and creative writing for wellbeing: Being creative can be a brilliant way to relax.	2pm to 4pm	Health and Wellbeing College (Ashton campus) 225 Old Street Ashton-under-Lyne OL6 7SR	No need to book