

# Lewisham Mental Health and Wellbeing Day

Friday October 21<sup>st</sup> 2011  
10am–4pm (registration from 9.30am)  
Civic Suite, Catford

- information
- workshops
- updates
- feedback
- opinions

There is no charge to attend the event  
but booking is essential

For more information or to book a  
place please contact Joan Laronde:

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