

# Lewisham Mental Health & Wellbeing Day

Friday 7<sup>th</sup> December 2012  
10am–4pm (registration from 9.30am)  
Civic Suite, Catford

*"Staying Well in a Changing World"*

- 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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Lewisham Clinical Commissioning Group

South London and Maudsley   
NHS Foundation Trust

