



**FREE ENTRY**

# Community Wellbeing Event to Celebrate World Mental Health Day.

**Tuesday 10th October 2023,  
10am to 3pm.**

**Middlesbrough Sports Village,  
Alan Peacock Way, TS4 3AE**



**Focus on your health and wellbeing, and enjoy:**

- Workshops
  - Free Resources
  - Giveaways & Raffle
  - Refreshments
- and much more!**

In partnership with



Registered charity number: 1118098