



WORLD MENTAL HEALTH DAY

DAWN DUSK

Thurs
**Oct
10th**

A DAY OF EVENTS TO BOOST YOUR MENTAL WELLBEING

DAWN DAWGS - Weston beach with your four footed friends - 7.15am
SUNSET GUIDED MINDFULNESS - De stress - Clevedon Pier - 6:15pm
WELLBEING MUSICAL PARADE - Follow the Brass - Cl. Pier - 6:45/7pm
PUB QUIZ - Mental Matters - The Salhouse Clevedon - 8pm £1 pp.

* Dawn Dawgs starts at the Royal Sands end of WsM beach near the beach parking (please remember you are responsible for your dog), Clevedon Pier is free entry for the mindfulness, the musical parade is from Clevedon Pier to the Salhouse with the famous pink Ambling brass band, the pub quiz is mental health themed with a £40 M&S voucher prize.



 **@NSomWarriors**
 www.facebook.com/warriorsofwellbeing
warriorsofwellbeing@gmail.com



**WARRIORS of
WELLBEING**
Battling Mental Health Stigma



NHS
Avon and Wiltshire
Mental Health Partnership
NHS Trust