

MENTAL HEALTH AWARENESS DAY EVENT



 **10 October 2025**

 **9:30AM - 1:00PM**

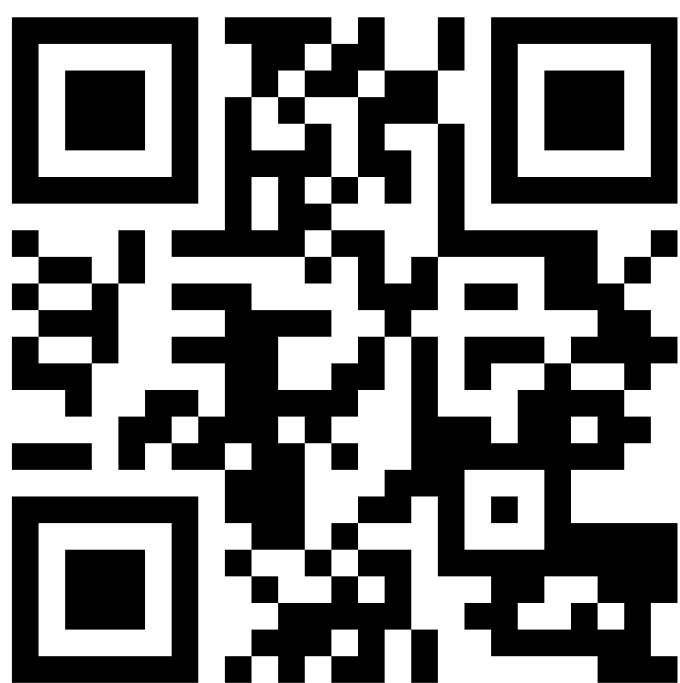
 **Luton Central Library, St Georges Square**

Join us for an inspiring and supportive event to mark World Mental Health day. This is a chance to learn, reflect and help break the stigma.

Agenda

- Hear real life stories
- Take part in a workshop
- Discover Total Wellbeing Luton Services to support your emotional wellbeing
- Free activity pack for every attendee
- And enjoy a **healthy lunch** on us!

Places are limited and must be booked in advance!



**SCAN THE QR
CODE TO SECURE
YOUR PLACE**

