



HDU present a
Seminar on Mental Health
“Mind Over Matter”
Hinton Community Centre
Thursday 23rd May 10.30– 2.30

A window on Mental Health in Herefordshire

Personal
Testimonies

Therapies

Display
Stands

Local provision
explained

Workshops

Public awareness
information

Find out the latest information from those
who are involved personally
Free buffet lunch, networking opportunities

Places limited

Booking essential

Contact

Sylvia Nicholls on 07817 473813
Email: sylvia.nicholls@btinternet.com