

Signpost Me!

A **FREE** event
to help you
discover your
route to wellbeing

SUNDAY 5TH
DEC 2010
11am – 3pm

FREE tea
and coffee



FREE
to attend

FREE
Water wellpoint machine
to give personalised
health checks

FREE
hand massage

FREE craft activities
for children

FREE Information,
exhibitions and
lots more!

Hazlitt Arts Centre,
The Exchange Studio,
Market Buildings,
Maidstone ME14 1PL
(Entrance opposite
The Ashes public house)

 **SIGNPOST**
kent your route to
mental wellbeing


MAIDSTONE
Borough Council

More information: www.signpostuk.org 01622 688003 signpostkent@mcch.co.uk