

time to change

let's end mental health discrimination

Sevenoaks Area Mind
&
Tunbridge Wells Resource Centre
have joined together for this get moving
event in aid of World Mental Health Day.

A very gentle walk with good company & beautiful surroundings. The walk is being organised by two local Mental Health Charities (Sevenoaks Area Mind & Tunbridge Wells Resource) who both have established walking groups who are coming together for this event.

Fellow "strollers" are more than welcome to join us.

This event will take place
Haysden Country Park,
Lower Haysden Lane,
Tonbridge,
TN11 9BE.

Thursday 14th October

The walk will start at 2pm and will last for around an hour.
Please contact Becky Clements 01732 743902 for any further
details.

 **mind** Sevenoaks Area

For better
mental health

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