

Bridgwater
ARTS · CENTRE

FREE

creative wellbeing taster day

It's World Mental Health Day

Tuesday 10th October 2017

Bridgwater Arts Centre 10am - 5pm

Displays and discussions with Seed of Hope CIC & other support groups

Taster Sessions of

Singing
Art
Storytelling
Writing
Music
Drama

Yoga
Gardening
Carpentry
Creative Therapy
Talking Therapy
Counselling

Training
Discussions

**Twilight
Zone**

Stress Busting with yoga
& talking therapies
5pm - 7pm

"You'd Have to be Mad"

An evening celebration compered by Seed of Hope with stand-up comedy, music, DJ Soul Night and one-woman show "It's all a bit Taboo"

7.30pm - 11pm

Advance Bookings: 01823 422700 www.bridgwaterartscentre.co.uk

Homes in
Sedgemoor

SoH
SEED OF HOPE

Sedgemoor
IN SOMERSET