

Mental Health Forum

28th April 11-1pm

At

Insight Carers Café – Brierley Hill

During the Forum we will explore: -

The link between physical health and mental health. There will also be a built in question/answer session for service users and carers to have their say.

Dudley Health Trainers will be on hand to give advice and guidance about healthy lifestyles.

Lunch will be provided and transport will available for service users and carers

To book a place or for more information please contact

Tracy Cross on 01384 – 324531 or email
tracy.cross@dwmh.nhs.uk

