

# WORLD MENTAL HEALTH DAY

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FRIDAY 8 OCTOBER 2021

11 AM – 3 PM



MERITAGE CENTRE, HENDON, LONDON NW4 4JT

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## MENTAL HEALTH IN AN UNEQUAL WORLD

**Wellbeing  
Activities**

**Light Lunch  
Included**

**Free  
Event**

**People's  
Stories**

Registration is required to guarantee your place  
email [info@meridianwellbeing.com](mailto:info@meridianwellbeing.com)

