

Supporting
World Mental
Health Day

New Forest

FIT 2015 fest

FREE
ENTRY

Fit Fest
is for secondary
& college aged
students, friends,
family and
school staff

Friday 16 October
10am til 3pm

Brockenhurst College,
Lyndhurst Rd SO42 7ZE

Workshops, taster sessions and inspirational talks

- Managing anxiety
- Circuit training
- Mindfulness
- Yoga
- Eating well
- Art therapy
- ...and so much more!

To register
email your contact
details and numbers
attending to
headsup@solentmind.org.uk

Market stall event



Brockenhurst College



Solent

Sussex Partnership
NHS
Foundation Trust

NHS
West Hampshire
Clinical Commissioning Group



New Forest
DISTRICT COUNCIL