



Mind in Brighton and Hove

&

Arts on Prescription

Free Mental Health Awareness Event

Art
Workshops

Qigong

Wednesday 11th May

11am to 3pm

At Art in The Park

Bowling Pavillion

Alexandra Park

Come and meet local
groups and projects and
take part in taster
activities

Friendly
Welcoming
Space

Wellbeing
Activities

“Together we can tackle loneliness”



Mind in Brighton and Hove

for better mental health

