

**Free** Healthevent for RBKC residents and staff thanks to the Health Equalities Programme and Portobello Business Centre

When: 4th August 2022 10am-4pm

Where: Essex Unitarian Church 112 Palace Gardens Terrace W8 4RT

Speakers: talk about: covid, covid vaccine, mental health during covid, service users, CCG, Public Health & other organisations

Stalls: CCG, Public Health, Change4Life, One You, Sexual Health (SASH), Substance misuse, African Women’s Care, Mental Health worker, CatherineMHT and more

Expert Panel: CCG, Public Health, service users, mental health worker, Change4Life and more

Hot Food

Sleep workshop

Mindfulness workshop

Exercise session

Raffle

Booking is essential. For a place, please contact Catherine on:

[mhtcatherine@gmail.com](mailto:mhtcatherine@gmail.com)

07809602140