

WEST CORK MENTAL HEALTH FORUM

FREE COMMUNITY EVENT - ALL WELCOME

Wednesday
10th Oct. 2012

WEST CORK SOUND AND VISION
Celebrating Creativity, Arts & Wellness on
WORLD MENTAL HEALTH DAY

**Westlodge Hotel,
Bantry - Seafield Room**

**11am - 3pm approx - (doors open 10:30)
+ Light Refreshments**

Programme includes:

Wellness Bus

“Men in White Coats” *Film*

Claddagh Rogues

“Hidden Gifts” *Film*

Music Alive

Clonakilty Drumming Group

Poetry

Art Exhibition / Work Shop

Justine Foster - West Cork Arts Centre

Information Stands

And more still to be confirmed...

On the day we hope to be able to deliver a diverse menu of items to celebrate the potential role the arts may play in promoting “WELLNESS”. Enquiries: Martin 086 8126324

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