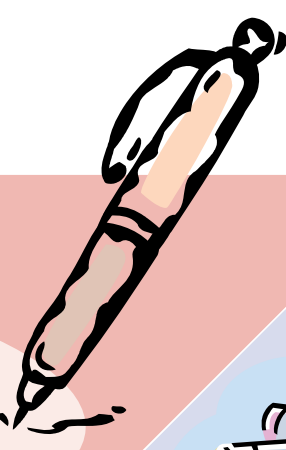




For better
mental health

2010 Courses

Fun with writing



10.30^{am} to 12.30^{pm}

Starts Monday

25 January 2010

To book or for more
information please call
020 8887 1497

All courses are £2.00 per session

Art



6.30^{pm} to 8.30^{pm}

Starts Monday

1 March 2010

To book or for more
information please
call 020 8887 1497

Yoga



10.30^{am} to 12.10^{pm}

Starts Thursday, 21 January 2010

To book or for more information please call
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Mind in Enfield

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