



Healthy
Minds


Calderdale Wellbeing

Unwind Your Mind at The Piece Hall

16 - 21 May, 2023

Come **#UnwindYourMind** in Healthy Minds' pop-up garden in The Piece Hall courtyard for **Mental Health Awareness Week**.

Learn more about how you can keep anxiety in check with our interactive prompts, take a breather in the garden, and check out free activities throughout the week.



Join us on **Saturday 20 May** for an extra-special day of Healthy Minds taster sessions and wellbeing fun, including arts and crafts, a wellbeing walk, performances by The Peace Artistes & more!



To find out more, visit the link or scan:
healthymindscalderdale.co.uk/mental-health-awareness-week