

Mental Health Awareness



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**FREE
ENTRY**

Let's support and talk about
Stress - Anxiety - Panic Attacks

Diabetes UK

Stress related to Diabetes

Street Association Launch

Dementia Friends Information Session

Sunday 3rd December 2017

Prompt 1pm Start

Quarrendon and Meadowcroft Community Centre
147 Meadowcroft Road, Aylesbury HP19 9HH



Awareness **FUN** Information **KIDS ACTIVITIES**

Community **Mindfulness FOOD** Support **THERAPY**



For further details or stall participants please contact us:

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DIABETES UK
CARE. CONNECT. CAMPAIGN.



NHS
Aylesbury Vale
Clinical Commissioning Group

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