

In association with



**World Mental Health Day 2024**



# World Mental Health Day

Thursday 10<sup>th</sup> October 2024,

12.30–3.30pm

King George V Park, Wishaw ML2 0DZ

## Activities:

**Cycling, walking, arts & crafts, African drumming, smoothie bike, mindfulness, stalls and refreshments**

For further information – email Grant Murdoch:  
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