



# Relax & Recharge

**Join us for a time out  
celebrating positive mental  
health through activities  
and information to help you  
relax and recharge**

MASSAGE

AROMATHERAPY

MEHNDI

INFORMATION

REFRESHMENTS

**October 9th 2012 11am–3pm**

**Pakistan Advice & Community Association,  
127 Page Hall Road Sheffield, S4 8GU**

