

**Amardeep**

Celebrates

**World Mental Health Day**

Black History and Users Involvement

On

**Friday 19<sup>th</sup> October 2012**

**11: 00am to 4:30pm**

Programme:

**11 - 12pm – Easy Fun Exercises with Zofia**  
*(Complementary therapist)*

**12 – 1pm – Lunch (Healthy authentic south Asian meal)**

**1.15 – 1.30pm – Inspirational survival story by Renuka Bhakta** *(Kindred Mind)*

**2 – 3pm - Bollywood Dance workshop with Kuntal' School of Bollywood Dance /laughter yoga**

**3 - 4pm – Sing along to golden melodies from Indian subcontinent**

**DISPLAY OF AMARDEEP WOMAN'S GROUP WORK** *(Items on Sale)*

**FREE ENTRY**

For catering purpose, please book your place in advance.

[Anita.Kalia@slam.nhs.uk](mailto:Anita.Kalia@slam.nhs.uk)

At

**Fanon Resource Centre**  
**107 Railton Road, London,**  
**SW24 0RL**

**Come and enjoy South Asian hospitality and culture Day filled with Music, Dance, Food, laughter and activities.**

For information contact **Amardeep Team**  
**on 0203 228 7029**

*Partnership with Kindred's Minds, Lambeth Asian Centre, Basira Elders Project Streatham  
And Fanon South Side Partnership.  
Together in happiness and joyful with all Lambeth communities*