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**Touchstone and Mentally Healthy Leeds**

**Anti Stigma Champions present:**

 **Living Library Event to Celebrate World Mental Health Day 2022**

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**Henry Barran Centre, Amberton Road**

**Gipton, Leeds, LS8 3JR**

**Come and hear from a ‘Living Library Book’**

**about their personal mental health journey**

**and how they manage their mental wellbeing**

**in a fun environment**

**Monday 10th October 2022 from 10am until 4pm**

**Free Tombola and refreshments available**

**Please contact Steph Francis for more information on 07823 448432 or email stephanief@touchstonesupport.org.uk**