

Rochdale & District Mind- World Mental Health Day

Get Moving

Make a Stand for Mental Health

Join us in a 3.5 mile sponsored walk around Rochdale
to support **Rochdale & District Mind**
and
Raise Awareness of **Mental Health and Wellbeing**

12:00 - 2:30pm Friday 9th October 2009
Starting at **The Butts, Rochdale Town Centre**



World Mental Health Day 2009

Sponsored by:

Local businesses and community groups
within the Rochdale Area



For better
mental health

View details at:

www.rochdalemind.org.uk

If you would like to take part in the walk please fill in and return the form and post to the address below or hand in at any of the following venues by 30-9-09:

Rochdale Exchange - Morellis Cappuccino Café
in Rochdale Town Centre

Comple@t Café in Rochdale
Nye Bevan House, Maclure Road, Rochdale, OL11 1DN

Comple@t Café in Middleton
Unit 5 & 6, off Fountain Street, Middleton, M24 1AF

Gordon Riggs Garden Centre
Moss Bridge Road, Kingsway (A664), Rochdale, OL16 4UX

**I would like to take part in Rochdale & District Mind's
sponsored walk for World Mental Health Day**

Name:

Address:
.....
.....

Email:

Telephone:

Mobile:

Return Address:

Rochdale & District Mind,

Second Floor, Bull Brow Chambers, 6 Baillie Street, Rochdale, OL16 1JG

www.rochdalemind.org.uk