

FEB  
28

Venue: Fi Real  
Caribbean Cafe  
57 West Street, St  
Phillips.

Bristol BS2 0BZ

Date: Sunday 28th  
February 2016

Time:  
12:30-3:30pm



Bristol Central SDA  
Church in partnership with  
Time to change  
Community Access  
Support Service

## Free Sessions

- \*Anxiety
- \*Depression
- \*Mental Health
- \*Emotional Wellbeing

**FREE SESSION**  
LETS TALK... LETS SHARE...  
LETS CHANGE OUR ATTITUDES!

## - RAW CUISINE DEMO AND TASTERS

- Encouraging Healthy  
Lifestyle to promote your  
mental health and  
wellbeing



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