

# Arts and Mental Health Showcase



Would you like to  
improve your wellbeing  
through creativity?



*'It's opened my life up,  
helped to re-ignite my  
interest in art and  
creativity!'*

Drop in to meet and  
find out about  
creative community  
groups and support  
services in Stockport.

Relaxed and  
informal, with free  
creative activities  
and refreshments.

**Monday October 10th**  
**11.00 - 14.30**  
**Arc Centre and Gallery**  
**Hat Works**



**#StockportArtsandHealthWeek**