

5K Local Sponsored Walk



Mental health can affect anyone. Mental illness affects 1 in 4 people.



Date: Monday 7th November 2016

Time: 10am

Meet at: BPMHA Centre

**OUR ILLNESS DOES NOT DEFINE
US. OUR STRENGTH AND
COURAGE DOES.**

**BPMHA 2 Priory Avenue, London E17 7QP Tel. 020 8509 2646
Company No. 472735 Registered Charity No. 1027227**

