



# HELLO TUAM!

## FREE OPEN EVENING

PROMOTING POSITIVE MENTAL HEALTH IN TUAM

Tuesday APRIL 4<sup>TH</sup>, 7.00 pm – 9.00 pm

ARD RI HOTEL, TUAM

- Hear from various groups promoting positive mental health in your area.
- Give your input on supports / services you would like to see.
- Exchange ideas over a cuppa. (Refreshments provided)
- Looking forward to seeing you there.



In conjunction with Tuam & District Mental Health Association