

The Extra Mile

World Mental Health Day

Join the fun

When: **10 October 2011**

Where: Central Park, Chelmsford

Time: 11:30am



Last year, more than 250 people celebrated World Mental Health Day by taking part in the extra mile walk in Central Park, Chelmsford.

This year's event is set to be much bigger with warm up sessions to music (led by fitness trainers from Virgin Active). There will be information stalls and various other activities.

Let's end mental health discrimination

Everyone is welcome, bring a friend or your dog and enjoy the walk