

MIND FEST!

Number 18
Farmloan Road
Rutherglen
Thurs 21st March
2019
12 to 5 pm
Community focus
5 to 8 pm Youth focus

Improving mental wellbeing for Cambuslang and Rutherglen



Smoothie Bike

Meet people

Local Walks

Share your ideas

Information and
local services

12 to 2 pm:

Community soup & Spring Kitchen

1.30 pm:

Storytelling

1 and 3 pm:

Relaxation & Fitness sessions

12 to 5 pm:

Blether Zone

..... and lots more!



Phone 0141 641 5236 for info



See Me's Feels FM
Storytelling
Relaxation & Fitness sessions
Talk Zone
Share Your Ideas
Zine making drop in
Pizza

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Telling Your Story:
Youth Focus

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