

EXPLORE

THE ARTS

AND LOOK AFTER YOUR

mental health



Join us for a chat about how we can use creativity and the arts to get more inspired, empowered and healthy. We want to listen to your ideas and support you as you rediscover the artist within you.

Tuesday 26 October ★ 3:30pm to 5pm

MASH, 94-96 Fairfield St, Manchester M1 2WR

STREETWISE OPERA

**MASH**  
manchester action on street health  
established 1991

Increase  
your  
confidence

Deal with  
stress and  
anxiety

Produce  
endorphins

Improve  
your  
memory

Exercise  
your brain

Top-up  
your  
energy

Boost your  
immune  
system

Get  
inspired

Feel proud  
of yourself

Make new  
friends

Have fun!

Release  
tension

Express  
yourself

Reignite  
your passion

How  
The Arts  
can  
help you  
feel better