

# PARTNERS IN MIND



TUESDAY 26TH JUNE 11:00 - 15:00  
(DROP IN ANYTIME)

REFRESHMENTS PROVIDED

WESTBURN OUTDOOR SPORTS CENTRE,  
WESTBURN PARK, WESTBURN ROAD,  
ABERDEEN, AB23 3DE

Have you experienced mental health issues and  
do you want to get active, get out more and  
meet new people?

Then come along and find out what's on offer in  
Aberdeen - sports, learning, leisure and fun.

Try a new sport or activity and find out what  
else you can get involved in - from gardening  
to guitar, gentle exercise to gym there's  
something out there for you!

Meet representatives from Adult Learning, Healthy  
Minds, Momentum, Sport Aberdeen, Turning Point  
and many more!



Come & meet us

**FREE TO ATTEND**

For more information please contact:  
01224 647594 or [HealthyMinds@aberdeencity.gov.uk](mailto:HealthyMinds@aberdeencity.gov.uk)

