



On World Mental Health Day  
Tuesday 10th October  
**TAKE A BREAK**  
.....it's good for you



Join us in the Bistro  
between 2pm & 3pm  
complimentary, tea, coffee, juice & cakes  
**All welcome!!**



SOUTH LANARKSHIRE  
Leisure & Culture

0800 83 85 87  
www.breathingspace.scot

On World Mental Health Day  
Tuesday 10th October  
**TAKE TIME OUT  
For A Mini Treatment**  
.....it's good for you



Drop in to salon 331  
for a 'file & polish/mini hand treatment'  
10am - 12:15pm  
**All welcome!!**

On World Mental Health Day  
Tuesday 10th October  
**TAKE TIME OUT TO RELAX**  
.....it's good for you



Drop in to room 126  
For a 'Guided Meditation & Living Life to the Full' Workshop  
12:15 - 12:45pm  
**All welcome!!**