



# Monday 16th January



Is Officially the worst day of  
the year!

Beat Blue Monday with our..

# LAUGHTER

# WORKSHOP!

Monday 16<sup>th</sup> January 2012

from 2pm - 3 pm at

Cherry Hinton Village Centre

Colville Road, Cherry Hinton

CB1 9EJ

To book a place contact:

Aly Anderson at Cam-mind 01223 311320

Or email: [development@cam-mind.org.uk](mailto:development@cam-mind.org.uk)



*Come and have a Laugh - Look after your mental health.  
You'll feel better for it*