

RUNNING ON EMPTY?



CHRISTIANITY & MENTAL HEALTH

TOPICS INCLUDE

**ANXIETY & DEPRESSION, COASTAL MENTAL HEALTH, ME, LEADERSHIP,
STRESS RECOVERY, YOUTH WELLBEING, RECOVERY & SPIRITUALITY.**

SPEAKERS INCLUDE

**DR KATE MIDDLETON, REV WILL VAN DER HART, DR CHI CHI OBUAYA,
DR ROB WALLER, TANYA MARLOW AMONGST OTHERS.**

St Peter's Brighton 12th October 9am - 4:45pm

**Tickets cost £30 and can be booked at
www.mindandsoulfoundation.org**



   @mindandsouluk



**REFIL WITH
A GREAT DAY'S
CONFERENCE
AT ST PETER'S
BRIGHTON FOR THE
WHOLE CHURCH!**

