

“Rumours of Happiness”

How to THRIVE in a Mad World

One Day Conference on Mental Wellbeing, Recovery & Thriving

organised by CLEO, Oldham & Elemental Wellbeing UK



Hosted by Rowland Urey, Chair of CLEO

with Marion Aslan, Masha Bennett, Kim Doolan, Abi Ford, Alison Hargreaves,
Barry Haslam, Joanne Keight, Angela Lindley, Salifu Manneh, Mike Smith, Lisa Stapleton
and members of CLEO Community Lived Experience Organisation

**** Laughter Yoga Therapy, Emotional Freedom Technique,
THRIVE techniques**

Workshops & Presentations ***

Friday, September 14th 2012

9.30am - 4.30pm

The Link Centre

140, Union Street

Oldham OL1 1DZ

Minimum donation **£35** - Refreshments provided but please bring your own lunch

Cheques payable to Elemental Wellbeing

All proceeds to our African brethren – Mental Health Projects in The Gambia & Kenya

To book a place contact marionaslan@aol.com

For further details telephone Rowland Urey 0161 7701293

Elemental Wellbeing is a registered charity no.1142634