

Thursday 10th October

WORLD MENTAL HEALTH DAY

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DAY



Take a break and have a cake

Join us in the Bistro between 2-3pm and enjoy complimentary tea, coffee, juice and a cake.

Take time out for yourself

Enjoy a complimentary treatment - This includes, Male Barbering, Shampoo and Blow Dry, Scalp Massage, File and Polish, Mini Makeover and Treatments. Contact the Hair and Beauty Salon to book: **01355 807465**

Take time to be Mindful

Free classes at 12:15pm in room LG72 and 4:45pm in the Group Study Room.

South Lanarkshire College recognises 'World Mental Health day' on Thursday 10th October.

The College's Mental Health working group in conjunction with Hospitality students and staff invited students and staff to take a break and drop into the Café Bistro to enjoy complimentary tea, coffee, juice, and cakes.

Lanarkshire Action for Mental Health (LAMH), the Student Association, K-Woodlands and the Chaplaincy team all hosted information stands.

Complimentary treatments were also on offer courtesy of the Hairdressing and Make-Up Artistry and Beauty Students.

Everyone was encouraged to take time to be mindful by going along to the free classes at 12:15pm in room LG72 and 4:45pm in the Group Study Room.