

# LIVE BETTER

# LIVE LONGER 2024

A free health event for people with learning disabilities and their carers to improve their mental health and wellbeing.

## EVENT DETAILS

### South Event

**14th November - 10am to 3pm**

**Barton Neighbourhood Centre, Headington**

### North Event

**20th November - 10am to 3pm**

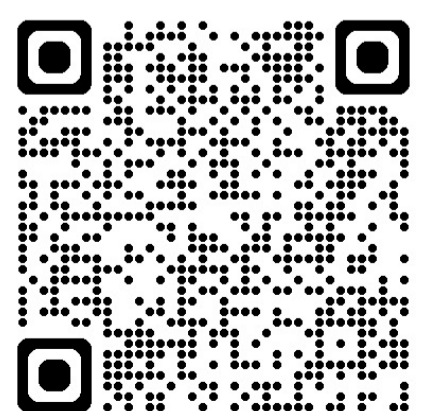
**Redlands Community Support Centre, Banbury**

### Come and find out about

- how to keep your mental health well
- activities to help keep us happy and healthy
- what services can help us with our mental health and wellbeing



**For more information scan our QR code**



Organised by Oxford Health NHS Foundation Trust,  
in partnership with South Central Ambulance Service  
NHS Foundation Trust.