

Mental Health Awareness Week



This free event explores how music can be used to help you connect with people around you and what matters to you. I'm going to share ten questions to help you with this, and I'll give you my answers in the form of a 'harmonies in health' disco playlist. When it comes to music everyone likes different things, so I'll give you some guidance on how to create your own 'harmonies in health' disco playlist.

From 9am Monday 12th October you can find links at:

<https://www.tinyurl.com/music1927>

<https://www.linkedin.com/in/craig-waterworth/>
Cùm ort a' roc is a' roilgeadh!
Keep on rockin' and a rollin'!