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Promotes mental wellbeing

# World Mental Health Day 2018

**Young People and Mental Health in Changing World  
Keep Active and Stay Healthy**

**Seminar | Art Competition | Math Competition**

**Date: 14/10/2018 Time: 2 - 4 PM**

*Admission  
is free!*

**Guest Speaker: Dr Seshni Moodliar (Psychiatrist, Author)**

**Dr Shaheena Akter (Economist, Researcher )**

**Host Speaker: Dr Suraiya Zabeen (Aerospace M. Scientist, Mental Health Activist)**

**Venue: Bletchley Leisure Centre, Princess Way, Milton Keynes, MK2 2HQ**

**Free admission to the event. Every participant will receive a certificate, and competition winners will receive attractive prizes**