

**World Mental Health Day**  
**'Money Free' Health Market**

**Cliffs Pavilion Theatre**  
**Station Road**  
**Westcliff**

**Tuesday 10th October**  
**10 a.m. to 3 p.m.**

**'Great health advice,**  
**Learn about your**  
**local health care services,**  
**with lots of 'freebies'**

**No sales, no raffles, no collections.**