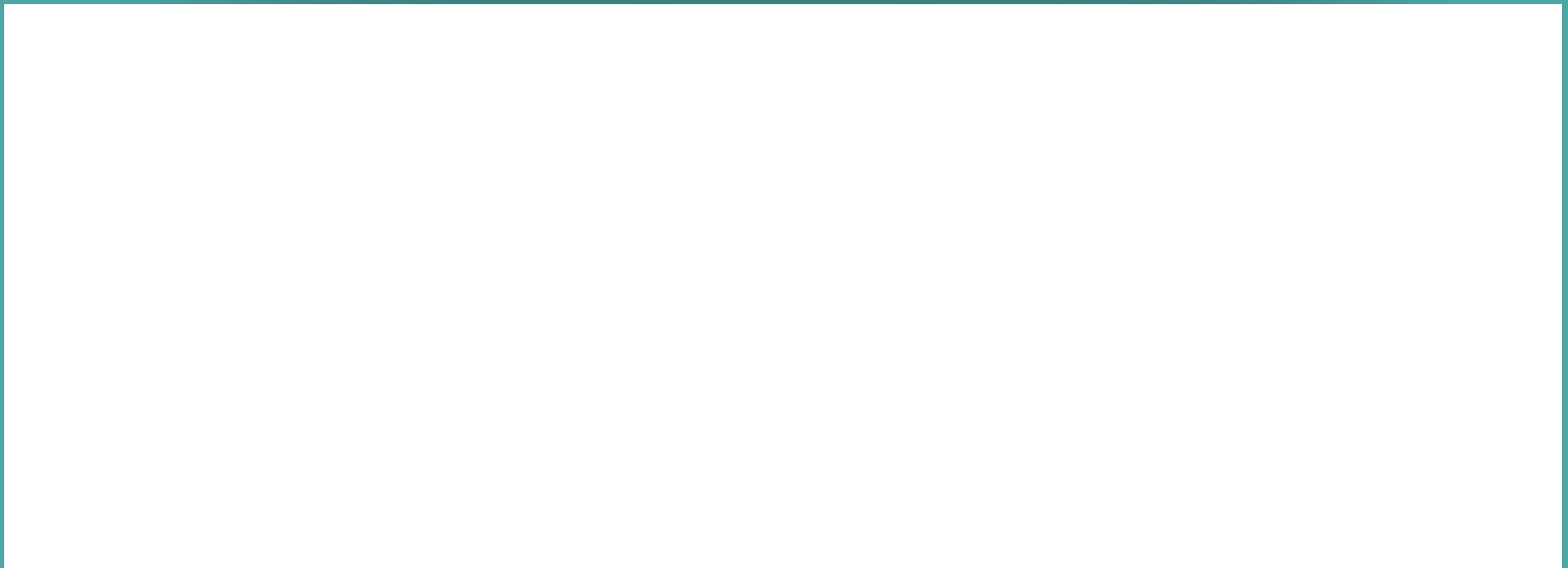


# How To Protect Your Mental Health

Connecting - Body - Mind - Spirit



A fun, interactive talk focusing on developing and maintaining optimum mental health - presented by the founders of The Brain Health Education Institute



Mental Health Requires a 'Healthy Brain'  
a 'Clear Conscience' and a 'Reason To Live'



[WWW.HOLISTICMENTALHEALTH.COM.AU](http://WWW.HOLISTICMENTALHEALTH.COM.AU)

