

**Brain Health, Mental Health and Spiritual Health
A Study Day for Clergy, Readers and Lay Ministers
Friday 12th May 2017, 10am-4pm
Norwich Cathedral, The Weston Room**

Free event* (£5 donation invited) – Booking essential

With

Judith Pratt, Research Professor, University of Strathclyde, Glasgow
Canon Angela Tilby, Author and Broadcaster

Programme

10.00am	Arrivals, tea & coffee available
10.30am	Worship
10.45am	A day in the life of a brain – Judith Pratt <i>How our brains operate in everyday life</i>
11.30am	Break
11.45am	The Brain and mental health – Judith Pratt <i>Understanding brain disorders</i>
13.00pm	Lunch (please bring your own – drinks available)
14.00pm	Healthy Brain, Healthy Society – Angela Tilby
15.00pm	Break
15.15pm	Final Plenary
15.45pm	Prayer
16.00pm	Departures

Small but important print:

- **Cost is free but Booking is essential**
- Bookings to: Lesley Lofts, lesley.lofts@dioceseofnorwich.org, 01603 882338
- Please bring your own lunch
- Tea and coffee etc. provided
- The event is free but we invite a donation of at least £5 on the day to support MQ – Mental Health Research Charity

www.mqmentalhealth.org