



You are invited to the launch of:

## “Taking Control of Your Mental Health”

Date: Tuesday 16<sup>th</sup> March 2010

Venue: Greenhills Hotel, Ennis Rd., Limerick

Time: 2.00 to 4.00pm

(Light snacks will be served)

Dr. Edmund O’Dea, Chairperson, Mental Health Commission, will launch this new guide published by Shine - Supporting People Affected by Mental Ill Health.

RSVP: Ann Marie Flanagan: [aflanagan@shineonline.ie](mailto:aflanagan@shineonline.ie) or 087 7878222

