Healthy Mind Healthy Body

العقل السليم في الجسم السليم

**Would like to know more about Mental Health and how it can affect your body?**

A picture containing shape

Description automatically generated

**Date: Wednesday,24 November 2021**

**Time: 1pm – 2pm**

**Venue: Online – عبر الانترنت**

**اليوم والتاريخ : الاربعاء 24 نوفمبر 2021**

**الوقت : من الواحدة مساءً الي الثانية مساءً**

**Contact:**

**Mobile: 02 91996185- Ask for Adla**

**E:** [**bilingualh2h@onedoor.org.au**](mailto:bilingualh2h@onedoor.org.au)

**Joining our Zoom Meeting**   
[https://us06web.zoom.us/j/83829484620?pwd=dlpOcDZLK25PTHdWL1ZoeXJSQkVHdz09](https://protect-au.mimecast.com/s/99MYCP7LBwH0AgXsBCLzY?domain=aus01.safelinks.protection.outlook.com)

Meeting ID: 838 2948 4620 Passcode: 134637