



CURRY & CHAAT

Leela's Kitchen

Tuck in for mental health at our Curry & Chaat Friday 19th May

We're sure you already know that connecting with others,
socialising and talking, is good for mental health.

And what better way to do it than tucking in to a delicious curry with family, friends
and colleagues to strengthen relationships and beat anxiety!

Where & when?

Friday 19th May 2023
St Matthew's Church Hall, North Quay, Douglas
Sittings: 12.00 - 13.30 & 17.00 - 18.30

Vegetarian/Vegan option available

Reserve spaces at islelisten.im/curryandchaat



£10
per person