



MENTAL HEALTH

Q&A with
Ciarán Carey, Craig Madigan
and more



Free event open to all

LMHA DAY



LIMERICK
Mental Health
Association

SEPT 4TH 2022

3-6PM MILK MARKET

Photography Competition
Children's Art Competition
Celebrity Interview/Q&A
Music Competition
Fun Dog Show

More Info Overleaf





Photography Competition

In conjunction with St Munchins Camera Club

Theme: Limerick City and Community

Entries by 31st Aug to LMHA, 3 Sexton St or
info@limerickmentalhealth.ie. Prizes for 1st, 2nd & 3rd place

Children's Art Competition

Theme: What Makes Me Happy

Age groups: 5-7 yrs, 8-10 yrs, 11-13 yrs

Entries by 31st Aug to LMHA, 3 Sexton St or
info@limerickmentalhealth.ie. Prizes for 1st, 2nd & 3rd place

Celebrity Interview/Q&A

3:00pm - 3:30pm

Guest Speakers include Ciarán Carey, Craig Madigan and more

Upstairs Terrace, Milk Market

Space is limited, make sure to be there early to ensure your seat

Music Competition

3:30pm - 4:30pm

In conjunction with Cuppa Tea TV

Local artists/buskers welcome - time slots tbc

Entries by 31st Aug to LMHA, 3 Sexton St or
info@limerickmentalhealth.ie. Prizes for 1st, 2nd & 3rd place

Fun Dog Show

4:30pm - 5:45pm

€5 for 1 dog, €7.50 for 2 dogs, €10 for 3 dogs to enter

10 categories with Rosettes for 1st, 2nd, 3rd & 4th place

LMHA perpetual trophy for Best Dog in Show sponsored by

Mike Prior from Munster Dog Training

Prize Giving

5:45pm - 6:00pm

Prizes for all competitions to be presented

To Register Contact

Email: info@limerickmentalhealth.ie

Phone: 061 446786 or 087 3202211

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