



# FLASH MOB

**22ND SEPTEMBER 2022**

**YOUTH MENTAL HEALTH DAY**



*"Dancing is an expression of  
the Heart, Mind, and Soul!"*



Youth Mental Health Day encourages understanding and discussion of mental health in young people, enabling them to live happy and healthy lives all year round.



To mark this day, girls of grades 9 and 11 performed a flashmob, and affirmative bookmarks were distributed to the audience.

