

# He hecho el **ENTRENAMIENTO**

## #ZeroSuicideLDN

[www.thriveldn.co.uk/zerosuicideldn](http://www.thriveldn.co.uk/zerosuicideldn)

**Thrive** LDN  
towards happier, healthier lives



**Zero**  
**Suicide**  
Alliance

Because  
**ONE** life lost  
is **ONE** too many