

Community Wellbeing Sessions

**FREE
WEEKLY
SESSIONS**



**GET
ACTIVE**



**MEET
PEOPLE**



**FEEL
BETTER**

- ✓ **Gentle physical activity**
(walking & light movement)
- ✓ **Improve health & wellbeing**
- ✓ **Friendly and welcoming space**
- ✓ **Social time & refreshments**

- ★ **Relaxed, community-led sessions**
- ★ **No experience needed**
- ★ **Open to all residents**



JOIN US!

**EVERY THURSDAY
11AM – 1PM**