

Northolt Active & Connected



**YOUR VOICE
YOUR TOWN**

CHANGE POWERED BY COMMUNITIES

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**

Call / Email / Drop in

Every Thursday at 10am -12pm

Northolt Village Community Centre

The Manor House, Ealing Road, Northolt, Middlesex

UB5 6AD

Phone: 020 8571 9529

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Ealing

www.ealing.gov.uk