

Well Being Day

When?

Mon 26th June

Where?

**Meadows Community Centre,
Cambridge**

What time?

11-3pm

- **Dancing**
- **Singing & live band**
- **Health & beauty**
- **Indian head massage & reflexology**
- **Delicious food**
- **Info stalls**
- **Arts and crafts**
- **Sports taster sessions - golf
basketball, rounders, & football
Just turn up with trainers!**

All service users, carers and staff welcome
Book the date in your diary now and look
forward to some **'me time'**

More information to follow.....