

Wellbeing Wednesday

**Wednesday 21st October 2015
11am-2pm Hampshire Lodge**

FREE Health and Wellbeing Event
~ more info on back ~

Come and find out about the Healthy Neighbourhood Fund. You could apply for up to £500 for a new or existing project. From gardening groups, children's groups, healthy activities, cooking courses to mindfulness, training and equipment for your project.

For more information or help getting to the event please contact either Kalishia on: 01273 293792 or Sue on: 01273 588803

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