



A Way A Day

A multicultural health and wellbeing event open to everyone from minority ethnic backgrounds in Brighton and Hove.

Wednesday

18 April 2018

10.30am – 2.30pm

BMECP, 10A Fleet Street, Brighton, BN1 4ZE

A family friendly event with FREE lunch, refreshments, creative activities, board games, music, practical advice and information. **Come** and **discover** what's happening locally and where you can go for help and support to improve your health and wellbeing. No booking required.

Arabic, Bengali, Cantonese, Portuguese, Russian and Turkish interpreters will be available at the event. If you would like to attend and need an interpreter, **call** Sussex Interpreting Services on **01273 234825** after 3pm. Leave your name, phone number and a message with your language need.

For info & to get involved: ratnajanbibi@trustdevcom.org.uk | **07445 183 142**

