



Art  Birmingham Centre
for Arts Therapies
for
Wellbeing

free arts and crafts workshops to
help you relax and have fun
Open to all

Join us every Thursday
1.00pm-2.30pm
Anne Marie Howes Centre

20 Platt Brook Way, Sheldon Heath, Birmingham B26 2DU
Book via our Wellbeing Team on 0121 437 0033
e: activities@ageukbirmingham.org.uk



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