

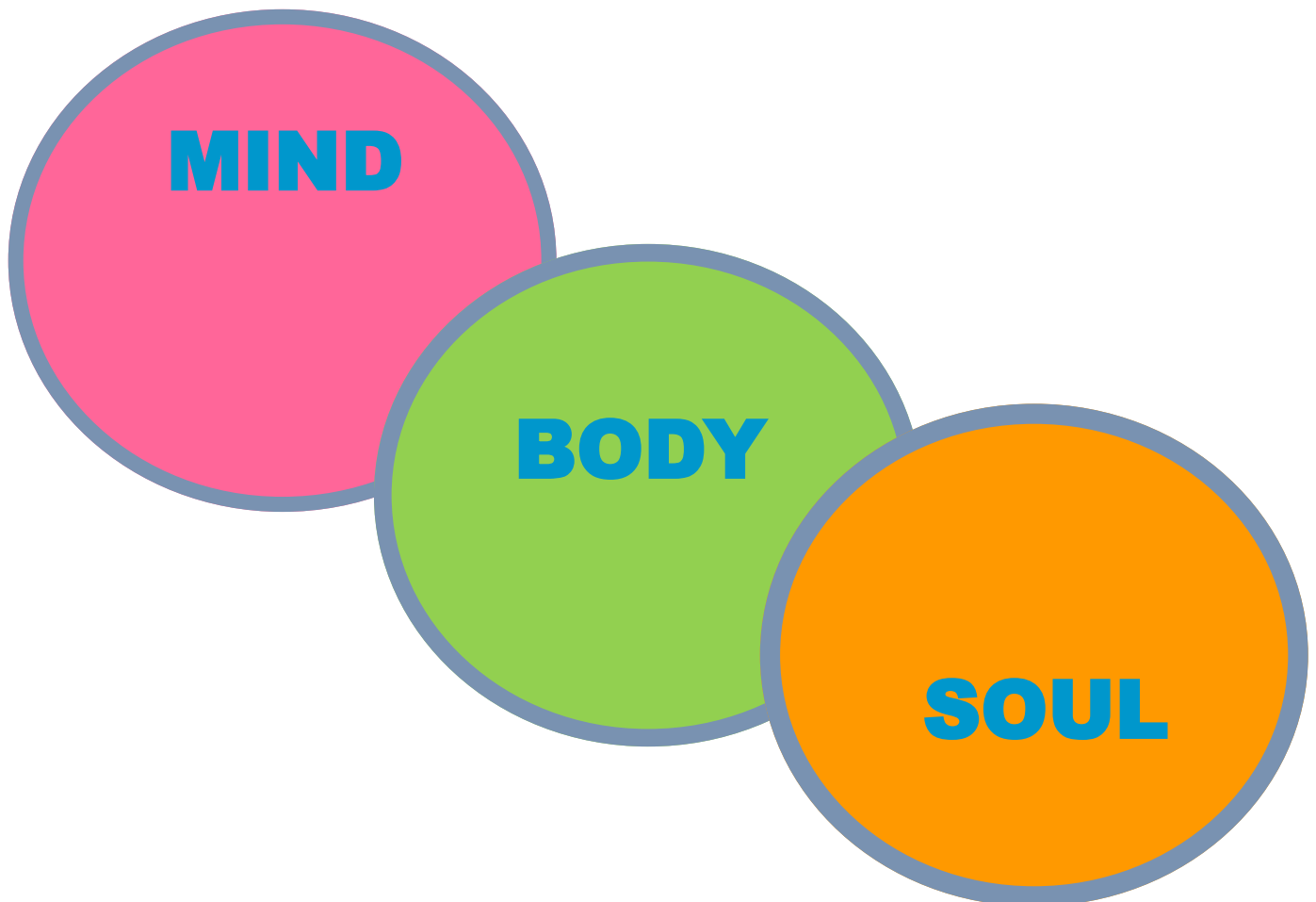
Mind, Body & Soul

Thursday 1.15pm-2.15pm

£5.00 or £4.00 if you attend more than one weekly activity

Try your first activity for free

Supporting you to increase your strength, build your confidence, free yourself from stress and be happy!



For further information contact: Rashmi 07792826802

Venue: Scratchley Hall, 81 Brigstock Road, Thornton Heath, CR7 7JH

Tel: 020 8683 7100 **Email:** aukc@ageukcroydon.org.uk

Web: www.ageuk.org.uk/croydon