



**Tranquil Health
and Wellbeing Workshop
wellness day**

FRIDAY 17TH NOVEMBER 23

1pm-4:30pm

**At Brickworks Community Centre
42 Crouch Hill, London, N4 4BY**

Workshop includes:

**Speakers on Diabeties and Blood Pressure,
Age UK on Future Matters, Music, Chair
exercise, Meditation and Healing, Zumba
fitness, and sing along songs.**

Free Refreshments

**For more information, please contact us on
telephone 020 7263 1067**

email admin@hanleycrouch.org.uk

Supported by Islington Council