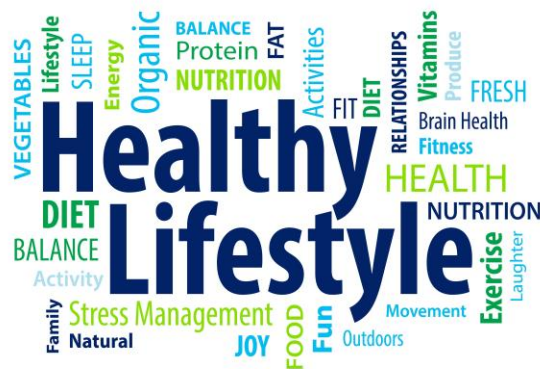




End of year Immunity Booster Workshop

Finish the year healthy, happy and hopeful

Learn some simple techniques, tips and tools to make you feel confident and equipped to face and overcome any challenges the winter may bring



Venue

Bolney Meadow Community Centre

When

November – Thursday 18th
December – Thursday 2nd & 9th

Time

6pm to 7pm

Cost*

Free

*(Any donations are welcome and highly appreciated. The funds will help to sustain and expand our Fit & Connected Project). The venue offers a COVID secure space. Refreshments will be provided

How to book

Online: www.bolneymeadow.com/what-s-on

Call: 020 7820 8132

Email: contact@bolneymeadow.com