



**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](mailto:admin@hanleycrouch.org.uk)**

**Supported by Islington Council**