



# **Tranquil Health & Wellbeing Valentines Special**

**SATURDAY 17TH FEBRUARY 2024 12-4:00PM**

**Come and join us for a fun filled afternoon  
Free at Brickworks Community Centre**

**42 Crouch Hill, London N4 4BY**

**Entertainment includes: Sing Along, Chair  
Exercise, Zumba Fitness, Music, Raffle and  
Dancing.**

**Donations Appreciated.**

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