

**Health and Wellbeing
Workshop
Awareness day
SATURDAY 30TH NOVEMBER 24
12 noon - 4:30pm**

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

Activities include:

**Chair Yoga, Community Safety Talk,
Solo Artist, Zumba Fitness, Poetry,
Sing Along-Songs and Dancing.**

Refreshments served at 1pm

Donations are accepted

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

email admin@hanleycrouch.org.uk

Supported by Islington Council