

# *Tranquil Health and Wellbeing Workshop*

Easter celebrations

**SATURDAY 12TH April 2025**

**12 noon - 4 pm**

**At Brickworks Community Centre**

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

**Activities include:**

**Chair Yoga, Zumba Fitness, Sing-song, Games, Music  
and Dancing.**

**Refreshments served at 1pm**

**Entry free, Donations are welcome.**

**For more information, please contact us on**

**020 7263 1067**

**email: [inspire777@btinternet.com](mailto:inspire777@btinternet.com)**

