



HEALTH & WELLBEING FOR ALL

SATURDAY 28th APRIL 2pm – 5pm at

MOULTON COMMUNITY CENTRE, MAIN HALL



Free Event!

Speak to stallholders about your Health & Wellbeing and enjoy complimentary refreshments served by our Good Neighbour Volunteers.

Our Health & Wellbeing Choir will also be performing!

All welcome.

WINNING WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN.
ENJOY WHAT YOU DO.
MOVE YOUR MOOD

Please contact Mary-Jane Brown at: moultoncommunityconnector@gmail.com or phone **07484 907438** for more information.