

*HOLISTIC GROUP*  
*TUESDAY 10AM - 12PM*



*Arts  
& Crafts*



- 26.7.22 Menopause*
- 9.8.22 Quiz & Bingo*
- 16.8.22 Hand Massage*
- 23.8.22 Chair Yoga*
- 30.8.22 Card Healing & Meditation with Suzanne*
- 6.9.22 Menopause*
- 13.9.22 Quiz & Bingo*
- 20.9.22 Arts & Crafts*

*Please call reception to book onto these sessions*

*Tel; 01228 212090*

*Thank you, Clare & Denise.*