



The shape of things to come

YOUR OVAL WELLBEING

Join us for a day of **FREE** health and wellbeing for all the family

Where: Kennington Park Community Centre,
8 Harleyford St, London SE11 5SY

9:00am - 6:00pm on Monday 3rd March

Activities

2:00pm- 3:00pm	Women's Zumba
3:30pm - 4:30pm	Dom's Family Fitness Fun
5:00pm - 6:00pm	Stretch And Meditation Flow
3:00pm - 5:00pm	Bath Salt Making Workshop
3:00pm - 6:00pm	Neck, Shoulder And Back Massages By Jemma
3:30pm - 5:30pm	Children's Activities

Other services on the day

9:00am - 3:00pm	Wellbeing Bus
2:00pm - 6:00pm	Fits Me Well - Healthy Weight Loss Support
2:00pm - 6:00pm	Advice On Staying Healthy And Independent With Age
2:00pm - 6:00pm	Macmillan Resources And Signposting Advice

For massage bookings please e-mail jemstonetherpay@gmail.com to arrange your 15 minute slot.

Homemade food and drinks will also be provided!
We look forward to seeing you all there!

