



AGE UK CORNWALL INVITES YOU TO
JOIN OUR ONLINE
STEP INTO WELLNESS SESSIONS

DIGITAL CAFE

If improving your Wellbeing is the destination, then 'Step into Wellness' is the journey to help you get there.
Everyone is welcome

06.01.2023 2PM-3PM | HOW TO DECLUTTER WITH ELLEN

20.01.2023 2PM-3PM | EASY AND HEALTHY MEALS JAN

To join us in these Zoom sessions, click the blue link or contact us using the details below:

[https://us06web.zoom.us/j/81297007075?
pwd=TXF4TWxnYVRuUXZYeUEyQ2M5aGJEdz09](https://us06web.zoom.us/j/81297007075?pwd=TXF4TWxnYVRuUXZYeUEyQ2M5aGJEdz09)

Meeting ID: 812 9700 7075 Passcode: 917765

STEPINTOWELLNESS@AGEUKCORNWALL.ORG.UK

OR CALL US TO BOOK ON
01872 266383