



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

WELLNESS CAFE | LISKEARD

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

**THE LISKERRETT COMMUNITY CENTRE, VARLEY
LANE, LISKEARD, CORNWALL, PL14 4AP.**

1PM-2PM

16/01/2023

23/01/2023

30/01/2023

06/02/2023

20/02/2023

27/02/2023

06/03/2023

Building confidence, independence, and friendships. To join our seven-week coaching programme please contact us at:

EMAIL

STEPINTOWELLNESS@AGEUKCORNWALL.ORG.UK

OR CALL US TO BOOK ON
01872 266383