



**Health and Wellbeing  
Workshop  
Awareness day  
SATURDAY 30TH NOVEMBER 24  
12 noon - 4:30pm**

**At Brickworks Community Centre  
42 Crouch Hill, London, N4 4BY**

**Activities include:**

**Chair Yoga, Community Safety Talk,  
Solo Artist Zumba Fitness, Poetry, Sing  
Along-Songs and Dancing.**

**Refreshments served at 1pm**

**Donations are accepted**

**For more information, please contact us on  
telephone 020 7263 1067**

**email [admin@hanleycrouch.org.uk](mailto:admin@hanleycrouch.org.uk)**

**Supported by Islington Council**