

# TRANQUIL HEALTH AND WELLBEING WORKSHOP

## Wellness Day

Saturday 21th September 2024

Time 12.pm - 4.30pm

At Brickworks Community Centre

42 Crouch Hill, London, N4 4BY

For more information, please contact us on

Telephone: 020 7263 1067

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

**Refreshments served at 1pm**

**Donations are accepted**

**Activities includes:**

**Chair exercise, Speakers, Zumba Fitness, Poems,**

**Solo Artist, Stimulating Games, Dancing.**

**Music by DJ Nick**

Supported by Islington Council

