

FREE
Refreshments



2ND
THURS
OF
THE
MONTH

“WELLBEING MATTERS”

Do you want to improve your WELLBEING?

**Come and join our informal sessions
discussing ‘WELLBEING’ topics.**

Open for everyone over 18!

**Come meet, greet, stay & chat over
coffee, tea & cake**

Timings:

12:30-2:30pm

‘WELLBEING’ Topics

**8th Sept- Launch of new
venue & ‘Intro to Our Brains’**

13th Oct- Sleeping Tips

10th Nov- Mindfulness Hacks

8th Dec- Christmas Cheer

New Location

**The Small Hall,
St John’s Church,
St Johns Ave,
Churchdown,
Gloucester, GL3 2DB**

Please let us know if you are coming

Contact: Mr Chris Auker-Howlett – (CertHE, DipHE BA (Hons))

Gloucester Community Networking

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**COMMUNITY
FUND**

