

FREE

Wellbeing Event

For Persona colleagues, Bury Shared Lives carers and everyone supported by us

Try something new

free tasters:

10-11am Line dancing ***book a place**

11am-12.30pm Arts & crafts drop in

12.30-2pm Soap making drop in

2.30-4pm Aromatherapy hand massages
how to take notice (mindfulness)
drop in

4-4.30pm Seated Zumba ***book a place**

Keep Learning

Be Active

Take Notice

10am - 6pm
Thursday 28th November

Find out what support you can get to stay well

drop in 10am-6pm

for Persona colleagues

for everyone

for Bury Shared Lives carers

Connect

Keep Learning

Take Notice

Catch up with friends & colleagues

Chat with wellbeing champions

drop in 10am-6pm

Food & drink available to buy

Give to Others

Connect

Take Notice

For more details & to book



<https://tinyurl.com/WellbeingEventP>

The Green Community Café
Clarence Park
Walmersley Road
BL9 5DH



AGEING IN PLACE PATHFINDER
DOING THINGS DIFFERENTLY FOR GREATER MANCHESTER



The Green Community Café

Persona
We're all about you