



GLOBE
COMMUNITY
PROJECT

Limited
space
**Sign up
today!**

Over 60s Winter Wellbeing Day

Do you feel down or low in confidence over winter?

Come along to our special day event, connect with others and discover how to enjoy later life.



Saturday 30th Nov
10.00am - 4.00pm

- Learn stress and relaxation techniques
- Meet interesting people
- Boost your self-esteem
- Develop new skills
- Feel valued and listened to
- Focus on the positives in life

Brady Arts & Community Centre
192-196, Hanbury Street
London
E1 5HU

To sign up, or for more information, contact Ahmed:

07740 54 6966
ahmed@globecommunityproject.org

Refreshments and free hot lunch will be provided