



Wollaston Health & Wellbeing Group

(An initiative of St Mary's Church, Wollaston)

A Simple Exercise Class

**led by Linda Smethurst
and**

My Favourite.....

**Please bring a favourite photo, book, poem,
recipe or piece of music with you.**

Thursday 21st March 2019

2.00 pm to 4.00 pm

to be held at

St Mary's Church, Wollaston

All welcome

For further information contact Nigel Scott (Tel.: 01933 664043)
or Jean Rose (Tel.: 01933 663778)

