**WAND UK Presents**

Happy Healthy Family Club

Promotes Wellbeing

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Every last Wednesday of the month. Activities include Zumba

Workshops + Presentations Raffle & Auction

**OUR MESSAGE**

* **Accept who you are**
* **Eat Healthy**
* **Keep Active**

**Topic of the Month**

Brexit: Human rights, Human wrongs

**Guest speakers**

Mrs PATRICE WELLESLEY-COLE

**Sister Size, bra measurement and breast awareness, by Charlene Imbert:**

**Charlene, will measure you, fit you with a bra and tell you how to care for your breasts.**

**Wednesday 25th September 2019**

**10.00 – 14.00**

**Venue Address:**

**Small Chapel, St Charles Centre for Health and Wellbeing**

**Exmoor Street, London W10 6DZ**

**Free Lunch**

**All Women Welcome**

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**St. Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ**