

Women's Association for Networking and Development invites you to the

## **Happy Healthy Family Club**

Promotes health and wellbeing through 3 key messages:

- Accept who you are
- Keep Active
- Eat Well



Wednesday 24 February 2016, 10:00 – 14:00

Small Chapel, St. Charles Centre for Health  
and Wellbeing

Exmoor St, London W10 6DZ

**\*\*\*Lunch Provided\*\*\***

### **Accept who you are**



### **Keep Active**



### **Eat Well**



### **Activities include**

- Tai Chi session by Royal Borough Kensington & Chelsea Leisure Department
- Sister Size – Bra Measure – Breast Awareness
- Police Response to Domestic Abuse in the community Workshop

By London Metropolitan Police



All Women Welcome



For further information please contact WAND UK on

Tel: 02089624132 or 07813485607 (Dilhani)

Email: [info@wanduk.org](mailto:info@wanduk.org)