



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

**Happy Healthy Family Club**

Prom

otes Mental Health And Wellbeing

Wednesday

25

 January

2017

, 10:00

–

14:00

Small Chapel, St. Charles Centre for Health

and Wellbeing

Exmoor St, London W10 6DZ

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

**Accept who you are**

**Eat Well**

**Keep Active**

**Activities Include**

●

Tai Chi session

By Royal Borough

Kensington & Chelsea Leisure Department

●

Sister Size

–

Bra

Measure

–

Breast Awareness

**●**

**“**

**Cervical Cancer Prevention Week”**

For further information please contact WAND UK on

Tel:

02089624132

 or 07813485607 (Kik

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Email: info@wanduk.org

All Women Welcome