

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 31 of May 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



Keep Active



Eat Well

Activities include

- Self Defence Class by Royal Borough

Kensington & Chelsea Leisure Department

- Sister Size – Bra Measure – Breast Awareness

Mindfulness by Sheila Ravindran, Cognitive
Behavioural Therapist

😊 All Women Welcome 😊

For further information please contact WAND UK

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