**WAND UK Presents**

Happy Healthy Family Club

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Promotes Wellbeing

Every last Wednesday of the month. Activities include Zumba

Workshops + Presentations Raffle & Auction

**OUR MESSAGE**

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

**Topic of the Month**

**The Importance of Being Breast Aware**

**Guest speaker**

Charlene Imbert

**Founder of: Sister Size**

Sister Size is a bespoke Bra Fitting Service and Breast Awareness Advocacy

with a dual mission: to Educate Uplift & Empower women through fun and

Informative Bra Fittings, a great selection of bras for all occasions to

Purchase from while spreading the all-important and possibly

life-saving Breast awareness message

**Wednesday 30 October 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**

**WAND UK Office: 0208 962 4132 |Mobile: 07813485607 Kiki |Email: info@wanduk.org**

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