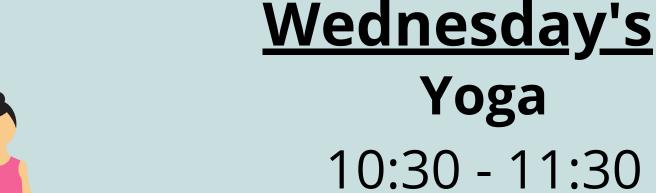


Parkview Community Champions



Programme



10:30 - 11:30

Free



designed to help your mental and physical well being



Zumba

11:30-12:30

£1 per session



Buggy Walk

12:00 - 13:00

Free

Aimed at new and expectant parents



Massage

13:00 - 18:00

Takes place every 3rd Wednesday of the month £10 employed/£5 unemployed Booking essential

All sessions are at White City Community Centre, India Way, W12 7QT If you need any further information please contact Carmella@upg.org.uk or

Eva@upg.org.uk 07496 566248



