

Gathering to enjoy

Connecting – Meeting - Talking



Socialising can provide several benefits to your physical and mental health.

- ✓ It helps you extend your life span.
 - ✓ It's good for your heart.
 - ✓ You become more productive.
 - ✓ Your brain gets sharper.
- ✓ Bantering, debating, and chatting with people can be exciting and your brain likes it too.
 - ✓ You sleep better.

So, what are you waiting for?

JOIN US

Friday 1 July from 1pm to 2.30pm



To book a place or request more information:
forwomengroup@gmail.com www.forwomengroup.org.uk Tel. 07874 234874

FOR WOMEN CIC reserves the rights to amend or cancel an event

