



SIGN UP TODAY!

WELL-BEING KEEP FIT CLASSES FOR NEWHAM CARERS



Funded by Newham Carers Small Grants Programme

Do something rewarding for you... Its time to treat yourself and start 2024 by signing up to a weekly keep fit class which will offer a variety of pilates, meditation and dance.

- COMMENCES:** 19th January 2024
- WHEN:** Weekly on Fridays
- TIME:** 1pm to 2pm
- WHERE:** The South Hall, The Memorial Community Church,
395 Barking Road London E13 8AL
- ELIGIBILITY:** FREE for carers residing in NEWHAM

To book your FREE place please contact the Drop-In Bereavement Centre on 0207 511 6444 or 07396 016523 Email dropinbereavement@btinternet.com



www.thedropinbereavementcentre.co.uk

Registered charity number. 1161526