

Come to our free

Wellbeing Day

Friday
March 8th 2019



with **HOPS** and **Grace House**

at the Quaker Meeting House, 30 Roker Park Road,
Sunderland SR6 9PG

ALL WELCOME

10am - 2pm

Want to feel better?

- Taster therapy treatments at special concessionary rates
- Health Information Stands and Displays

12.30pm

Official launch of WELLBEING WORKS

A great opportunity for non-employed people with a health problem, who will get free classes and therapy treatments under this scheme.

Details from wellbeingworks.sunderland@gmail.com

Followed by

Lunchtime refreshments