



CREATIVE WELLNESS

This is a new 6 week course
with Sara from the YMCA
Inclusive Lives Team.

This FREE course is designed to enhance
wellbeing and includes yoga, art and
social skills.

Bring a packed lunch, refreshments are
provided.

Where: The Searchlight Community centre,
Kingston Road, KT3 3RX

When: 3rd October - 7th November

Time: 12 - 3pm

To book your place call Michelle on 07745 814 050
or email michelle@kingstonmencap.org.uk