

MEET YOUR COMMUNITY

WELLBEING DAYS

Take a nourishing day out of your normal routine to bring self-care into your life with our wellbeing day.

- Learn how to move with less pain
- Learn how to deal with stress
- Gentle physical and mental relaxation
- Fun and safe environment to explore and share
- Share a free healthy lunch

HELD AT...

Groundwork London,
6 Lower Clapton Road,
Hackney,
London
E5 0PD

BOOK A PLACE:

Contact Nathalie
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circle
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Ministry of Housing,
Communities &
Local Government

