

# What do you know about wellbeing?

Are you 50+?  
It's Free!

Join us for a **free** wellbeing session.  
We will discuss the 5 ways to wellbeing.  
We will also share ideas and tips for staying positive, active, and engaged.  
Refreshments will be provided.

To RSVP please call **0116 251 2224**

**Tuesday, 10 April 2018**

**10:00 - 12:30**

**African Caribbean Centre  
Maidstone Rd, LE2 0UA**



Leicester Ageing Together

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TAKE NOTICE



GIVE BACK



LEARN



BE ACTIVE



CONNECT

