Feel Good, Live Well

Are you interested in:

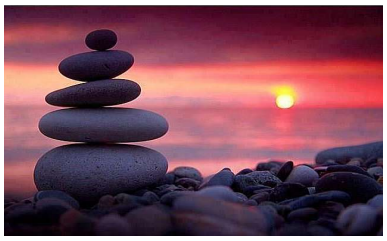
Improving your health
Mental Health
Caring for Others
Adult Learning
Making friends

Living Well
Coping with Dementia
Performing Arts
Caring for yourself
New hobbies

Health and Wellbeing Event

on
Tuesday March 19th
10:30am – 12:30pm

at
Eastfield Library Community Hub



Drop in, have a coffee
and a chat and meet people
who can help you to
"**Feel Good and Live Well**"

MoreThan Books
Eastfield Community Hub

High Street, Eastfield
YO11 3LL
Tel: 01609 536606

In partnership with North Yorkshire County Council

Eastfield Town Council
Established 1999