



St Monica Trust

Delivering well-being for older people

Health & Wellbeing Cafe

Thursday 12th October

1pm - 5pm at the Southbank Club, Dean Lane, BS3 1DB

Everyone is welcome to this fun, **FREE** and social event

Come and treat yourself to a back or hand massage, nail tidy and other wellbeing surprises!

(there will be a small charge on the day for therapies)



Refreshments, cake and fun activities

For more information please call St Monica Trust

0117 305 2365



St Monica Trust is part of the
LinkAge Network



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