



WELLBEING DAY

WEDNESDAY 19TH JUNE 10-2PM

KINGS CENTRE, EASTBOURNE, BN23 6PT

Not working? Feeling stressed?
Come along to our Wellbeing Day.

Reflexology, Acupuncture, Hand massage, Drumming and Art sessions - all FREE
Breathwork and WRAP workshops throughout the day
Enjoy free refreshments on the day

COME AND MEET LOCAL SERVICES IN YOUR AREA:

SCDA Employability Team
One You East Sussex
Willington Trees Centre
People Matter
Mankind
Sussex Recovery College
Southdown
East Sussex Hearing
East Sussex College Group
East Sussex Library Services
Care for the Carers
East Sussex Smoking Cessation
....and others

FOR MORE
INFORMATION
SCAN THE QR
CODE



OR CALL US ON: 07706 322133

