



Brothers of Charity Services

working in partnership for positive lives in England

Brothers of Charity Services in England

Health and Wellbeing Day

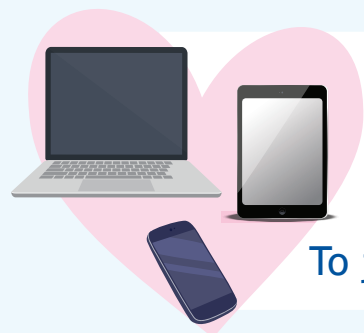


September

25



We are holding this years Health and Wellbeing event on Friday 25th September via Zoom, from 10:30am to 3pm. Everyone from across our services are welcome to join!



Zoom allows people to see and talk to each other on video. All you need is a smartphone, tablet or computer.

To join enter the Meeting ID: 940 2919 5033 and you're ready to go!



We have many different, exciting activities taking place on our virtual event, you will not want to miss it.

For more information please contact Daniel Hall on 07436 790 069 or daniel.hall@brothersofcharity.org.uk

Timetable

- Macmillan Coffee Morning- 10:30am - 11:30am
- Tombola- 11:30am - 12pm
- Lunch Break- 12pm - 1pm
- Reflexology Video (Be Holistic)- 1pm - 1:30pm
- Zumba/Yoga Video- 1:30pm - 2:30pm
- Quiz- 2:30pm - 3pm



www.brothersofcharity.org.uk Charity no: 234252

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