



HALAS HOMES

CARING FOR PEOPLE WITH LEARNING DISABILITIES

Free Health and Wellbeing
taster sessions to include exercise and
raising awareness of healthy lifestyles
at
The Meeting Place, Halas Homes

being held on



11th August 2015
18th August 2015
25th August 2015
1st September 2015
8th September 2015

10.30am - 12.30pm

(some sessions will be off site)

There are limited places in the first instance.

Please contact

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on

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