

'Wellbeing' Options Available through our project



CREATIVE OPTIONS
COMMUNITY PROJECT
Registered charity no. 1169194

'Wellbeing Wednesday'
Third Wednesday in every
month with Julie
at Freemantle United
Reformed Church SO15 3HS
from 11.30 a.m. (after the
weekly quiz)

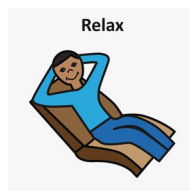


Hand- massage,
facials
and self-care

Making body
scrubs &
hand-made soaps



Healthy lifestyle
club
Discussion on mood
and food, diet,
weight management,
visiting speakers



Relaxation
and
mindfulness
sessions

Use of alternative therapies
We also offer alternative therapy
courses for our members



For further information or to see our latest programme
please contact:-
Michelle Emereau 07784365892 or Julie on
07738681906