

KEEPING WELL WORKSHOP

**Find out how to look after your health and wellbeing
and start the new year healthy.**



**Monday
15 January**



11am to 1pm



**The Chapel, Bromley United Reformed Church,
20 Widmore Road, Bromley, BR1 1RY**

**This workshop will be led by Caroline Hackett and Sue Charles.
We will be discussing keeping well after the Christmas
festivities and ways to kickstart a healthy 2024. Followed by a
Drop-in until 1.00pm. Booking required.**

TELEPHONE

**020 8466 0790
07484 673090 or 07938 740361**

EMAIL

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caroline.hackett@bromleywell.org.uk**

Map and directions

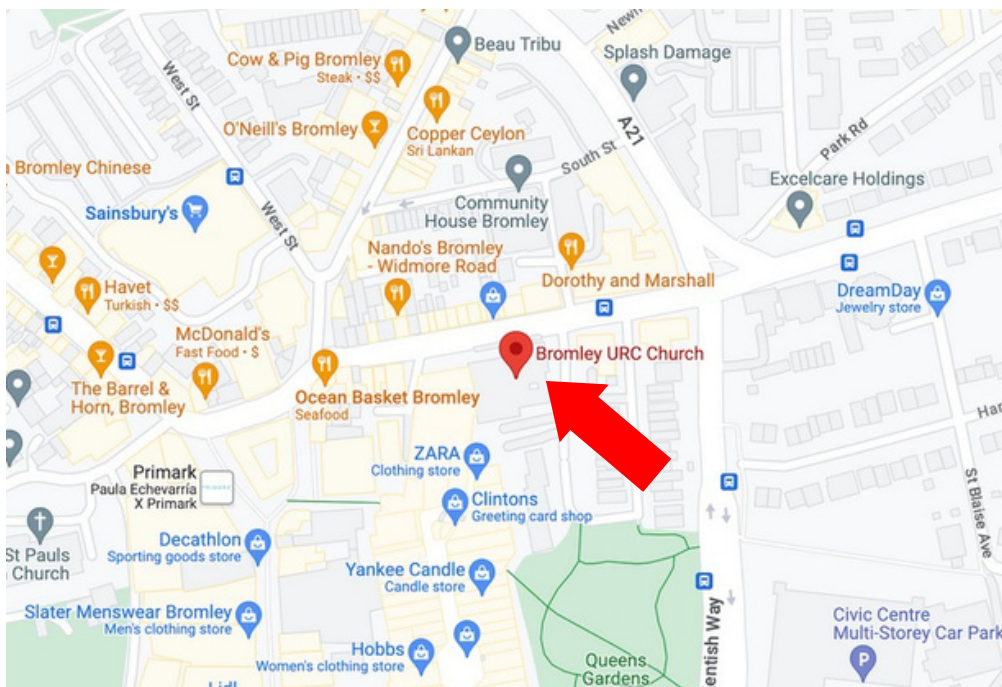
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes walk away.



Our goal is to empower individuals with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.