

FREE EVENTS WELLNESS MONTH



BOOKING IS REQUIRED AS PLACES ARE LIMITED

6

MAY

FALL PREVENTION

Wednesday
10am-12pm

Tutor
Hara Markos

13

MAY

STAY ALERT TO FRAUD AND SCAM

Wednesday
10am-12pm

Tutor
Nadine Kaya - NatWest

20

MAY

DEMENTIA PREVENTION

Wednesday
10am-12pm

Tutor
Michelle Reshef

27

MAY

LYMPHOMA AWARENESS TALK

Wednesday
10am-12pm

Tutor
Barbara Von Barwewisch