

Five Ways to Well-Being

FREE online wellbeing workshops for over 50s in Haringey.
Helping you to stay fit, well and active!



How to keep your mind healthy
Wednesday 2nd September, 11am to 12pm



Food growing on a windowsill
Wednesday 9th September, 11am to 12pm



Volunteering for older people
Wednesday 16th September, 11am to 12pm



Stretch your way to fitness
Wednesday 23rd September, 11am to 12pm



Becoming digitally savvy
Wednesday 30th September, 11am to 12pm

Click the 'Book now' button to secure your place...

Sessions will be held over Zoom. Limited places, book by 26/08/20.

For more info contact Rupal Shah:

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**Book
now**

