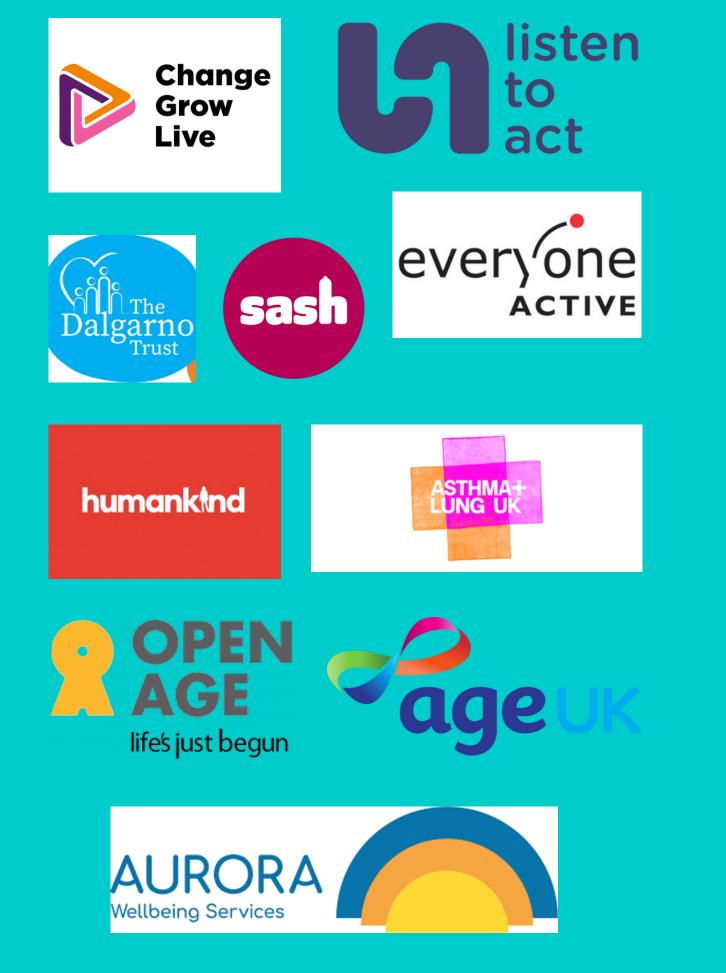
## NEW YOU, WITH ONE YOU.

Made too many New Year's resolutions but don't know where to start? Let us turn your New Year's resolution into a health evolution!

Wednesday 25th January 2pm to 5pm The Parker Morris Hall at The Abbey Centre (SW1P 3BU)



**WESTMINSTER** 



AND CHELSEA

TASTER SESSIONS ON PHYSICAL ACTIVITY, SELF-CARE, ARTS AND CRAFTS AND MUCH MORE. FREE FOOD RAFFLE

This is ONEYOU don't want to miss