

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)



**COME JOIN US FOR:
TASTER SESSIONS ON
PHYSICAL ACTIVITY, SELF-
CARE, ARTS AND CRAFTS
AND MUCH MORE.
FREE FOOD
RAFFLE**

This is **ONE YOU** don't want to miss