



Winter Wellness Event

Braintree Quadrant | Thursday 31st January 2019 | 2.30pm-4.30pm

Many struggle in the winter months and are unaware of the opportunities and services available to make their lives a little easier. If you or someone you know find this time of year particularly tough, why not come along to our **Winter Wellness Event**?



- Meet lunch clubs and other local social groups
- Discover organisations who provide local activities
- Hear from local charities, health and wellbeing services
- Advice on activities, hobbies, volunteering & more
- Free refreshments

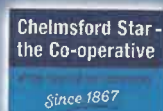
Includes: Essex Fire & Rescue | Braintree District Council | Action for Family Carers | British Red Cross | Community Agents | Carers First | Alzheimer's Society | Co-op Funeral Directors | Healthwatch Essex & more!

FREE ADMISSION | ALL WELCOME

For more information contact Bridget Tighe on **01206 505250** or **01376 550507**



Brambles Restaurant, Quadrant
George Yard Shopping Centre
Braintree, CM7 2QA



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