

Be Good to Yourself

Annual Health & Wellbeing Fair with a self care theme

Thursday 14th September 11am - 4pm



At Beechmere Extracare Village, Rolls Avenue, Crewe

This year our focus is all about ideas for improving self care, considering new ideas and making the most of who we are, so we all can enjoy a vibrant life!

What you can expect on the day.....

- 11 - 2pm information market and taster sessions including dance, painting and crafts, mindfulness, seated exercise, table tennis, what you should have in your winter first aid kit, health checks, & diabetes awareness.
- 2pm - 4pm just sit back and relax be entertained, enjoy the music and an afternoon tea treat!

Stall space cost £5 payable on the day all monies received to be donated to Cancer Research UK, to book a space or find out more please contact Karen on kazbeth@gmail.com