

HOSTED BY



Thrivng
Communities



Neighbourhood
and Wellbeing
Alliance



WELL-BEING FOR LIFE EVENT

COME ALONG AND
LEARN MORE ABOUT
PRACTICING A
HOLISTIC APPROACH
TO WELLBEING AND
MANAGING
PERSISTENT PAIN.

- COME & HEAR TALKS FROM HEALTH PROFESSIONALS
- TAKE PART IN YOGA CLASSES
- ACCESS LAMBETH WELLBEING BUS & CITIZENS ADVICE BUREAU
- MEET YOUR HEALTHY LIVING PLATFORM TEAM
- REGISTER YOUR INTEREST FOR YOGA AND PEER SUPPORT
- OBSERVE A HEALTHY SNACK DEMONSTRATION
- GET SUPPORT FROM YOUR DWP TEAM

FREE REFRESHMENTS AVAILABLE



CHANDLER HALL
15 LAMBETH
WALK SE11 6DU



FRIDAY 31ST MARCH
2023



01:30PM – 04:30PM



The Vauxhall Surgery



Lambeth Walk
Group Practice



Waterloo⁺
health



HEALTHY LIVING
PLATFORM



Mawbey
Group Practice

hurley group