

St Charles Health and Wellbeing Event

Saturday 8 March 2014
11am-4pm

St Charles Centre for
Health and Wellbeing,
Exmoor Street,
London W10 6DZ

Free crèche
Free transport for
those who cannot use
public transport (booking
required)

Arts and crafts

Fun for all
the family

Arts & Crafts

Music

Healthy
eating
sessions

Free health
checks

Bicycle
health checks

Dance and exercise
workshops

Complementary
therapies

Chef challenge

Community
Gardens

Knitting
Bees

And
much
more



For more information visit www.westlondonccg.nhs.uk/st-charles.aspx
Or contact Barbara Shelton on 020 7243 9800

How to find St Charles Centre for Health and Wellbeing

Closest tube:
Ladbroke Grove

Buses:
23, 52, 70, 228, 295, 452, 316, 7

Free transport for residents of K&C, Queens Park and Paddington who cannot use public transport (booking required - first come first served call **020 7243 9800**)

