

Take Part Birchfield

Community Health & Wellbeing Day

Try a **FREE** taster session, find out about local groups & activities & talk to us about what your community needs

Health walk • Social cycle ride*
Meditation • Resistance training • Boccia
Volunteering • Nordic walking • Crafts
Plus much more!

Saturday 25 May
10am to 3pm
Monmouth Hall,
Monmouth Rd,
Yeovil, BA21 5NP

**FREE entry &
refreshments
all welcome!**

*Booking essential - email stc.yeovil@gmail.com



SPARK
SOMERSET
INSPIRING COMMUNITIES

 **Wellbeing**
South Somerset

yarlington

Contact Jordi for
more info:
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