

Warm up for winter with Healthy Minds



Winter Crafts

Candle-making and paper crafts

Lots of ideas and help on hand,
a chat, a brew and even biscuits!

1-3pm

Wednesday 3rd December

at St Paul's Church,

Tower Hill, Sowerby Bridge, HX6 2EQ

This free and informal session is for anyone interested in getting involved in a wellbeing and arts group.

We are hoping to develop a regular group in the New Year.

For more information contact Dianne on 01422 345154
or email Dianne@healthymindscalderdale.co.uk

www.healthymindscalderdale.co.uk