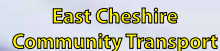




You are invited to our
Sharing & Caring day!

It's FREE!



Wulvern's active **4**age team are committed to ensuring you receive the services and support you need to help you remain independent and enjoy your life to the full!

What: Sharing & Caring day

Date: Tuesday 6th September

Time: 10am – 3pm

At: Pickmere, Rose Terrace, Crewe, CW1 3ET

- Receive information and advice from local support groups, agencies and charities
- Get fit and join in free gentle exercise classes
- Build a bird-box with Men in Sheds
- Enjoy free refreshments
- Sample delicious treats from the Bistro
- Take a tour of Pickmere
- Pick up free giveaways and prizes!

Come along and see how you could benefit!

Everyone welcome!

Tel 01270 506200
www.wulvern.org.uk

www.facebook.com/WulvernHousing

