

Come and join us for a day of activities

Wellbeing Day

10:00 to 14:00 Pranic Healing

10:00 to 11:30 Drawing

11:00 to 12:00 Essex Therapy Dogs

12:00 to 13:00 Walk with Essex Therapy Dogs

12:00 to 14:00 Slow Stitching Workshop

TUESDAY

23 JULY

10AM - 2PM

**FREE
All
Welcome**

One Colchester
Community Hub
4-6 Long Wyre St
CO1 1LH

For more details please contact
t: 01206 505250 or
e: information@community360.org.uk

Community360

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