

**Here is a handful of things that are happening over the week**

* **Places of Welcome Café**
* **Chair Yoga for everyone**
* **Toddler Yoga**
* **Smoothie making station**
* **Brain Training Arena**
* **Children’s Challenge Trail**
* **Well Café**
* **Mini Mindful moments**
* **Dance Anthems for families & toddlers**
* **Make a Mindful Mandala**

**Representatives from other health related**

**organisations will also be here.**

**For more information visit our website to see the full range of activities or call Ask Inspire 01623 677 200**

**We have lots going on at Beeston Library for Health Information Week.**

**Monday 4th July – Sunday 10th July**

?

?

?

?