

Wellbeing for Older People

Look out for a range of activities in
October at Age Concern Bradbury Centre
- 37b Grange Rd Kingston-upon-Thames

Mon 11 or Wed 14 October 10:30-11:30am: Come for a chat at the
Wellbeing tea and talk group

Tuesday 12 Oct 1:30pm: Give your lungs a workout at the **Singing it back** workshop. 'This singing workshop is for all, regardless of musical background. No need to read music as all songs are taught by listening and singing it back. Come and join in and enjoy the benefits of singing varied repertoire in a relaxed fun environment '

Fri 15 October 3:15pm: Stretch body and mind in a **beginners Tai Chi** session.

Information on **volunteering in Kingston**, and other **community wellbeing activities** will also be available to you!

For more information contact Jacqui at
NHS Kingston via jacqui.mccann@kpct.nhs.uk
or on 020 8339 8015.

