

**FREE
ENTRY**

**Everyone
welcome!**

HEALTH & WELLBEING

Event

**THURSDAY 27TH
MARCH
11AM-3PM**

**CRANES POP
UP SPACE
ST DAVID'S PLACE
SWANSEA SA1 3LG**

Activities to include:

- Cookery demonstration with FREE tasters
- Musical entertainment
- Free mini Health checks
- Activities to help you get moving
- Mindfulness & Wellbeing sessions

**Chat with local
experts about
staying healthy!**

**Interactive stalls from a wide
range of local health and
community groups and services**

Goody bags for first 50 people who attend

Free tea, coffee and Light refreshments

Soft Play area for young children

