

CURROCK HOUSE COMMUNITY CENTRE

**Invites you to join us in our
Health and Wellbeing venture**

Themed Cookery Demonstrations by

Celebrity chef John Crouch on

14 September & 5 October & 9 November 2017

@ 1 – 2pm admission £3.00 per demonstration

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Tai Chi Taster Classes

with Kay Barrie

11 September – 16 October 2017 (6 weeks)

From 1 – 2pm admission £3.00 per lesson

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Meditation Taster classes

with Judith Lord

23 October – 4 December 2017 (6 weeks)

From 1.30 – 2.30pm admission £2.00 per session

(1.30 – 2pm meditation/ 2 -2.30pm social)

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Young at Heart Exercise Class & Social

with Helena Morris - Lockwood

Ongoing every Wednesday

From 1 – 3pm admission £3.00 per session

(1 – 2pm exercise / 2 -3pm social)