



Happier and Healthier Sunday Fun Day!

Join in the fun with...

- Games, sports and crafts
- Bouncy castles and a ball pool
- Health and wellbeing check-ups
- Yoga demonstrations
- Information stalls
- **And lots more!**



**Sunday 3rd November
2019**

**FREE event for all the family
from 10am - 3pm**

**at Kendal Leisure Centre
LA9 7HX**



@KendalLeisureCentre



@KendalICC

