



Annual Members Day

Saturday 8 October - 2pm to 6pm
Campus West, Welwyn Garden City AL8 6BX

Be Active



Use the stairs
Keep moving

Give



Do something
for a friend

Keep Learning



learn something new

Take Notice

look at things



Connect

Meet friends



5 Ways to Wellbeing

Come and join us

For information call:
Debra on 01727 804442