

Relaxation & Sensory Sunday

On Sunday 29th November 2015
From 2pm-4pm

Watford Mencap Centre
524 St Albans Road, Watford WD247RX

Activities for people with PMLD
& siblings

Relaxation session for parents &
carers

Part of the PMLD network

To Book please call 07901 914154

Or email

leisure@watfordmencap.org.uk



Registered Charity Number 1004431

