



Health Vitality Happiness Fitness Wellbeing Lifestyle Energy Healthy eating For you

Zoom on Fridays 10:00-11:30am

- ✚ Online one to one support and advise for parents and vulnerable people.
- ✚ Online Yoga and Band exercise for 30-85 ages.
- ✚ Online healthy cooking recipes and food bank support.
- ✚ Talking therapy over the phone.
- ✚ Positive motivation for parents.
- ✚ Online IT support.
- ✚ Stress and Anger management for all.
- ✚ Walking in the park.

For more details, please contact:

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