



Women's Wellbeing with SPRING

**Tuesdays 12:30—2:30 at Goldings Hub, Goldcrest Court
(NN3 8XJ)**

- **If you have an ongoing physical health issue you can be referred to our programme**
- **We will have a light lunch from 12:30—1pm**
- **1pm—2:30pm activities and chat with tea and biscuits**

**For more information call
us on 01604 411166**

**Find us on Facebook
Growing Together Northampton**

Or Ring Nicole on