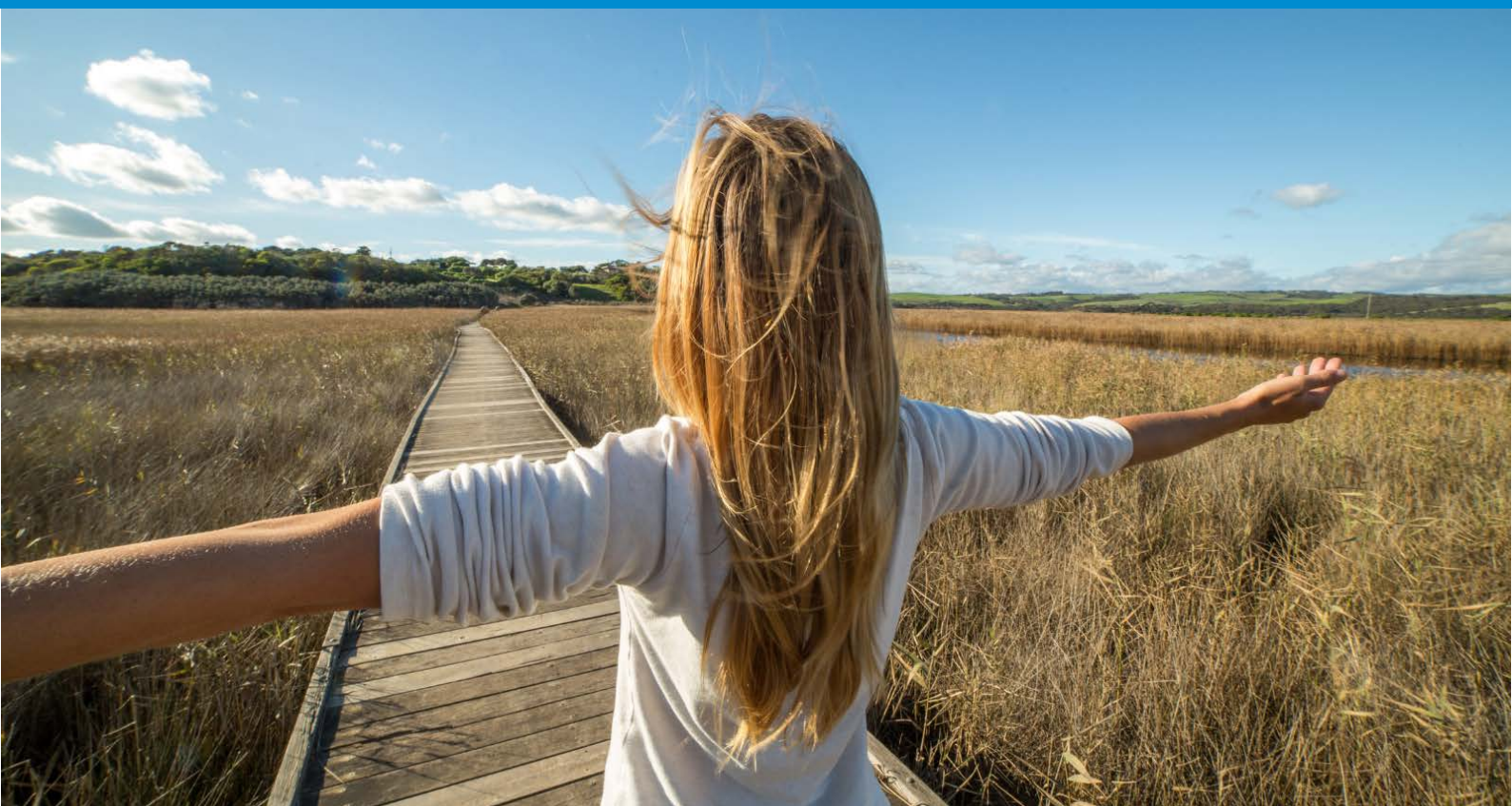


Let's live well

LET'S
do it!

Learn about the '5 ways to wellbeing' to help improve our physical and mental health.



What: Helping yourself to Wellbeing with Jim McGlynn (Public Health Practitioner)

When: Monday 3 July, 2023 - 10am to 11.30am

Where: Bury Library, Manchester Rd, Bury, BL9 0DG

More info: Cost: FREE, to book your place call 0161 253 5872

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