

the BIG

WELL-BEING

event

FREE ENTRY



family fun
advice & help
entertainment
free demos
feeling good
keeping healthy
staying well

saturday 18 april 2020, 10.30am-3.30pm
at arun leisure centre

Felpham Way, Bognor Regis PO22 8ED

Come and find out what resources and services are available to help you achieve and maintain your health and wellbeing – over 40 community stalls all under one roof



For more information visit
www.freedom-leisure.co.uk/arun



freedomleisure
where you matter



Come along and enjoy:

- musical entertainment
- cookery demonstrations with tasters
- story telling
- soft play area

- health talks
- wellbeing displays
- fun activities

ALL FREE!

arun leisure centre

Felpham Way, Bognor Regis PO22 8ED

Phone 01243 826612

email arunlc@freedom-leisure.co.uk

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