

Lalley Centre Wellbeing Mornings

- Step away from daily life pressures and take time to recharge
- Make new friends
- Learn new skills
- And perhaps pamper yourself in the process...



**Friday mornings (term-time only)
starting 15 September
9.30am to 11am**

**The Lalley Centre, St Malachys School Basement,
Egginton Street, Manchester, M40 7RG**

Come every week or drop-in. No booking required

For more information please speak to Sam or Lorraine at
the Lalley Centre: 0161 205 2754 / lalleycentre@caritassalford.org.uk

