



Healthy, wealthy and wise

It's said that the greatest wealth is your health.

Come along to our new series of Health and Wellbeing Cafés in Codsall and Wombourne and meet like-minded residents who believe in keeping active, learning about how to maintain their best possible health and getting the most out of life.

Each session includes a talk or demonstration on a lifestyle or health topic and Community Matrons are available to advise on health matters. Refreshments are provided so please come along and meet other local residents in a relaxed and welcoming atmosphere.

Happening now in your area

Your local Wellbeing Café

- Welcoming • Meet friends and neighbours
- Find out about the best way to stay healthy, happy and fulfilled
- Your chance to ask questions • Find out more in a relaxed and friendly environment
- Everyone is welcome

1.30pm to 3pm

Tuesday 13 March 2018
Monday 4 June 2018
Tuesday 4 September 2018

Wombourne Civic Centre
Gravel Hill, Wombourne
Staffordshire, WV5 9HA

Tuesday 24 April 2018
Monday 16 July 2018
Tuesday 16 October 2018

South Staffordshire Council Offices
Wolverhampton Road, Codsall
Wolverhampton, WV8 1PX

For more information, help with transport and to tell us you can attend, please telephone **01902 696289**