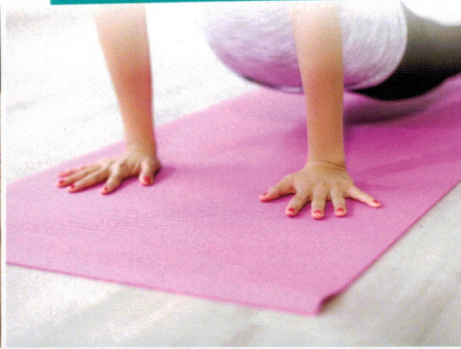


The Higgins
BEDFORD

SATURDAY WELLBEING AT THE HIGGINS BEDFORD



Open to all. Just turn up!

14 September 2019 | 19 October 2019 | 23 November 2019

Enjoy some down time with a variety of sociable and relaxing activities to help improve your feelings of wellbeing. All Free (except pilates).

1pm - 4pm: Creative art - including paper crafting and mindful colouring, or bring in your own work. Traditional table-top games - including jigsaws, snakes & ladders, and Scrabble. Family friendly.

2pm - 3pm: Wellbeing walk - Join our volunteers for a walk along the beautiful riverside.

2pm - 4pm: Tea Party Poetry - Join Satwinder and give a voice to your thoughts and emotions through poetry writing. No experience needed. Not suitable for young children. Max. 18 people.

3pm - 3.45pm: Mind & Body Fusion Pilates - Let Hannah guide you through this peaceful practice to improve whole-body strength and flexibility. Mats provided. Age 18+ £3 per session.

How to find us

The Higgins Bedford, Castle Lane, Bedford, MK40 3XD

Email vicki.blair@bedford.gov.uk **or call us on** 01234 718618

Visit the website at www.thehigginsbedford.org.uk



BEDFORD
BOROUGH COUNCIL

Museum = Happy



HARPUR
TRUST