



STARTING
26TH APRIL 2022

Colne Valley Wellbeing Hub

10am till 12 noon at
Earls Colne Recreation Club
Halstead Road, Earls Colne, CO6 2GP

Every 2nd & 4th Tuesday of Month

Chat to others over a cup of Coffee or Tea
in a warm and friendly environment.

A focus on Friendship, Wellbeing, Mindfulness, for all ages.

Pop in and say **hello**



Meet your Wellbeing team from
Colne Valley PCN