

SAFE & SOCIAL

Stay Safe & Well this Winter

Professional Health & Wellbeing Advice

With an afternoon of live entertainment from Scott Elvis

<p>Tuesday 24th October 10.30am - 3.30pm Great Parndon Community Centre</p>	<p>Thursday 26th October 10.30am - 3.30pm The Leah Manning Centre</p>	<p>Wednesday 1st November 10.30am - 3.30pm Harlow Cricket Club</p>
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The event is free, but **Booking is Essential**. Transport will be available and a Fish & Chip lunch will be provided

Please contact Kelly & Claire on 07793 007737 or kelly@rainbowservices.org.uk or Debbie on 01279 446169