

KEEPING WELL IN THE WINTER WORKSHOP & QUIZ

Find out how to look after your health during the winter months. The session will end with a fun festive quiz



**Monday
18th December**



11am to 1pm



**The Verrall Hall, Bromley United
Reformed Church, 20 Widmore Road,
Bromley, BR1 1RY**

We will discuss how to stay warm and share tips on what to watch out for during winter. We will finish with some festive fun and enjoy a quiz. Booking required.



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Map and directions

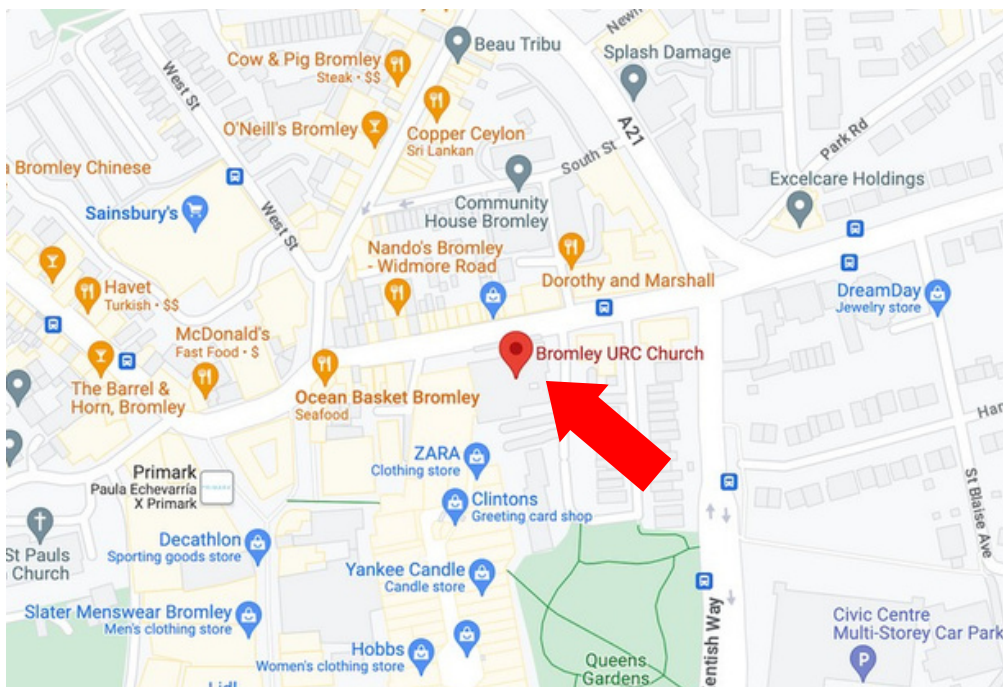
Bromley United Reformed Church, 20 Widmore Road, Bromley, BR1 1RY



The church is located next to Boots the Chemist in the centre of Bromley. The following buses all stop outside the front door or nearby:

Buses: 61, 119, 126, 138, 146, 162, 208, 227, 246, 261, 269, 320, 336, 352, 354, 358, 367, 638.

Trains: Bromley North and Bromley South stations are both a few minutes walk away.



Our goal is to empower individuals with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.