

Keeping well this winter



FREE Community Events

Find out about:

- Community Groups in your area
- Health and Wellbeing support services
- Strength and Balance exercises
- Living safely and independently
- Advice on how to keep yourself well in Winter
- Blood pressure checks
- ... and much more!

**Save
the
Dates!**

**Everyone welcome,
tell your neighbours!**

Drop in between

1.15-3.30

**Wednesday 3rd
December 2025**

**The Community Centre,
Yorkley,
2 Bailey Hill,
Yorkley,
Lydney
GL15 4RS**

