

Please join us for our next

Health *and* Wellbeing Session

Thursday 17th October 2024 | 6.45pm - 8.30pm

Positive Mindset - How to Get Motivated in the Winter

With CJ

from Mind & Fitness Revolution

Join us for a session on how to get motivated in the winter.

- How to create plans & Goals
- Quick exercises you can do indoors
- Keeping up your energy
- How to get in your 'Me Time'

Duston Community Centre
Pendle Road, NN5 6DT

6.30 pm Refreshments
6.45 pm Talk
7.30 pm Q&A Session

**For more info & to book your FREE place, please
email events@duston-pc.gov.uk**

Duston Parish Council working in partnership with St Luke's PPG



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