

# Winter Wellbeing Festival

**Monday 20th March**

**Islington Assembly Halls**

**12.30 to 4pm**

Steven Barron

## Beat the Winter Blues

**Join us for an afternoon of information, interactive  
taster sessions, and tips on improving your wellbeing**

**Dance • exercise • singing • arts • crafts • health checks**



supported by



Manor Gardens Welfare Trust  
6–9 Manor Gardens, London N7 6LA  
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