



SAVE energy & money

REDUCE waste

STAY warm

MAKE plans

FEEL better

Fares and Refreshments provided...

Hope House, 567 Broomfield Rd G21 3HW

CAPABILITY WORKSHOPS

Join us for 6 friendly, informative and fun discussions:

1. **Find out** how our actions can help each other & the environment
2. **Talk** about shopping & reducing waste
3. **Learn** about how food is produced & how it gets to us
4. **Share** ideas about keeping warm & saving money
5. **Chat** about what makes us happy
6. **Make** plans for becoming more active & trying something different

Thursdays: 9.30 – 11.30 from August 20th

To book a place, talk to:

**Phil on
07725944661**

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