Kent LINk

Your LINk for improving health and social care

Need more info?
www.thekentlink.co.uk 01303 297050

Health and Wellbeing Day

FREE!

Children's Activities include

Bouncy Castle

Creche Facilities

Balloon Art

Face Painting

Raffle

Today!

11.00am until 3.00pm
The Healthy Living Centre
Off the Broadway
Sheerness
ME12 1HH

Mums and dads!

Why not come along and try:

Gym taster sessions

Massage sessions

Juditsu

Yoga

Aerobics

...plus find out more about health and social care services in Sheppey

Refreshments will be available

the KENT LINk

a LOCAL INVOLVEMENT NETWORK