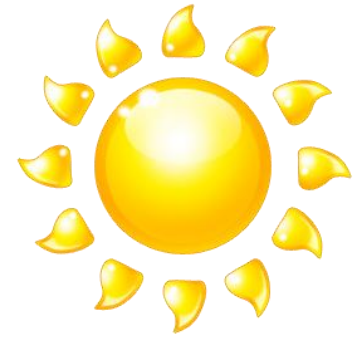


# Sharing Wellness

(Wellbeing in a well-Bingham)



Add years to your life  
and life to your years

Inspiring presentations and discussions for positive people wanting greater health and happiness

Free to attend at the new Methodist Centre

1:30pm to 2:30pm on the following Mondays

September 19th, Oct 10th & 24th, Nov 14th & 28th, Dec 12th