

Community Wizards Upcoming Sessions

Email communitywizards@juliansupport.org or call / text 07824 897094

Back by Popular Demand.....

Grown Ups Hula Hooping Fun Sessions!

Owing to the success of our Hula-Hooping sessions in May, we are bringing back the sessions for June!

Looking for a fun way to move, laugh, and try something new?

Come and join a free hula hooping session!

Suitable for all abilities, including beginners, you'll be guided through simple techniques in a supportive and welcoming environment. Low impact, accessible exercise, no experience needed.

Drop by, have a giggle, and get moving!

Where: Pilling Park Community Centre (side room & garden)

When: Tuesday 30th June between 11am and 12pm

Here's what our Hula-Hoopers said:

"It was so fun and I loved it"

"It was great to be with other people laughing, hooping"

"It shows that you don't need much to have fun"

"Fun and lovely people"

"It was a really fun and a great way to exercise"

There's more!
Click the bottom right to turn the page!

MOVE BREATHE UNWIND

Mindful Movement @ Pilling Park

Join us for a free session of a relaxing blend of stretching and mindfulness designed to ease tension and support your overall wellbeing

No experience needed. All equipment provided.
Free Mindfulness Goodie Bag.

Where:

Pilling Park
Community Centre
(side room)

When:

Friday 10th July

Time:

10:30am – 11:30am

