



Wellbeing for Parents

@ Surbiton YMCA

Tues 19 October 9am-12pm
49 Victoria Rd Surbiton

Come along for:

- a free coffee morning at YMCA Surbiton
- workshops and info about **de-stressing** and **looking after your own wellbeing**
- **free taster sessions** of YMCA classes including Toddlers Funtime, Gym n Tonic, Fit 4 Life, Legs Bums and Tums
- Surbiton Children's Centre Messy play session
- info from Kingston Family Learning

Places are limited so book now! Contact Jacqui via jacqui.mccann@kpct.nhs.uk or on 020 8339 8015 for more information.