

Live Well

Come to our 'Over 50's' Coffee, Cakes and Time to Talk Sessions

Learn more about exciting events happening in Potters Bar very soon!



Is there anything you'd like to do, but don't know where to start?

- Be more involved in the community?
- Meet people?
- Get fit and learn about healthy lifestyles?
- Learn a new skill or access training?



Then come along for a coffee and chat!

Church of King Charles the Martyr,
368 Mutton Lane,
Potters Bar, EN6 3AS

Wednesdays 9.30am - 11.30am
Starting 1 July

For more information call / text Joy Nicholl on 07535 781401
or e-mail joy@communityactionhertsmere.org

