

Clay Cross Wellbeing Walk In



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Pop along to a free wellbeing session including blood pressure checks, health and wellbeing advice, information about local services and free taster sessions.

At Wellbeing Wednesday
Hub S45, Gladstone Buildings,
Broadley's, Clay Cross. S45 9JN

Wednesday 20th March.
11am - 3pm



Chat with us and
get a free cuppa!



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The 'Clay Cross Wellbeing Walk In' session, is a one-off session/mini event, for people living within or nearby to the Clay Cross area. However, the good news is the Wellbeing Wednesdays are running regularly at the Hub.

The 'Claycross Wellbeing Walk In' is **a small free of charge, relaxed, and friendly session** - with a few taster activities, blood pressure checks, health MOT's and games. Plus, lots of free interesting information about local activities/groups, courses, and wellbeing information etc (plus there may be a freebie!).

People are **welcome to just come along for a cuppa and** browse if they wish.

It's **all free choice, so there's no obligation to take part in anything**, yet we would really like it if you came along to say hello to our friendly team and see what's on offer!...(if so, you get a free cuppa for chatting with us).