



FREE
Wellbeing Course
for over 50's

'LIVE WISE AGE WELL'
Relaxation - Sleep
Nutrition – Mindfulness
Exercise – Communication

7 weekly sessions
Wednesdays 10.15am - 12.15pm
6th Nov - 18th Dec 2019
at
St Leonard's Practice
Athelstan Road, Exeter
EX1 1SB

Want to know more or sign up?

- Call Andrew: 07787 261461
- Leave details at Surgery Reception
- See Practice website (Exeter City Primary Care Network)

