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# HEALTH & HAPPINESS DAY

Try some basic  
Yoga..... (Accessible to all)



We will be talking  
about what makes  
us Healthy and  
Happy.....





**Wednesday 20th June 2018**

**11.00am**

**2.00pm**



## **Folly Field MARAZION**



(Next to the play park in Marazion)

**On to MARAZION ALL SAINTS CHURCH  
for pasty lunch.**

**PARKING AT GODOLPHIN ARMS & ALL SAINTS CHURCH**



**Please book with choice of pasty by  
15th June by getting in touch with:**

**Fliss or Roxanne**



**07467593820 / 07811263845**



**fliss@cornwallpeoplefirst.com**