

horsham district
wellbeing

Carers Wellbeing Event

FREE

Wednesday 9 September
10am – 2pm

**Henfield Leisure Centre,
Northcroft, Henfield BN5 9QB**

**Join us for free
activities designed to
promote wellbeing and
relaxation.**



Booking is essential. Scan the QR code
and reserve your place today!

Please note this event is for family and friends
providing care and not those who are employed
in the care industry.



**Horsham
District
Council**

Join us for free activities designed to promote wellbeing and relaxation.

horsham district
wellbeing

Enjoy mini **health checks**, soothing mini **massages**, creative **crafts**, gentle **exercise classes**, fun **social sports** and **refreshments**.

Whether you stay for one activity or the whole morning, there's something for everyone!

Scan the QR code and reserve your place.
Additional booking is required for some activities:



L26_WET1

Sports Hall

Indoor Bowls, Soft Archery and Badminton / Pickle Ball	10am - 2pm
Gentle Exercise Class	10.30am - 11am 11.30am - 12pm 12.30pm - 1pm 1:30pm - 2pm

Craft Station

Various guided crafts	10am - 2pm
-----------------------	------------

Sharky's Café

Refreshments	10am - 2pm
--------------	------------

Front Office and Room 1

Mini Health Check	10.15am - 11am 11.15am - 12pm 12.15pm - 1pm 1:15pm - 2pm
-------------------	---

Additional
booking
required

Room 2

Mini Massage	15 minute session every 25 minutes from 10am - 2pm
--------------	---

Additional
booking
required



Horsham District Council