Calling all Sutton Coldfield based community groups!

TALKING ABOUT BRAIN HEALTH



Monday 7th December
11am-2pm

📍 **Sutton Coldfield Methodist Church Centre**

Lunch & Learn: Talking About Brain Health

Come along to learn about local support services, discover ways to maintain and improve brain health, and take away practical tips to use in your planned activities.

Speakers includes representatives from Public Health, Memory Matters, Amba Care plus a free sound bath session from Happy Mat Yoga

To book please visit: https://www.eventbrite.co.uk/e/lunch-learn-talking-about-brain-health-tickets-200402150226O?aff=oddtdtcreator

SUTTON COLDFIELD NEIGHBOURHOOD NETWORK SCHEME

Birmingham City Council