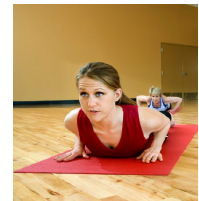


New Year New Start

Your chance to learn more about health services in and around Margate

Move n Smooth Smoothie Making



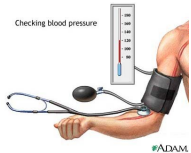
Test out an
exercise bike and rowing machine
in our fun challenges!



Nail Art



Foot Massage



Blood Pressure Checks

A fun opportunity to sample and experience some of these activities and treatments

Zumba Dance Demonstration

On Monday 31st January 2011
At St. Paul's Community Centre
1pm-4:30pm



For further information please call
Claire Weeks on 01634 855166

