

# WINTER OF LIVING WELL

## ST PETER'S CHURCH



**Monday 20th  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice

**11 AM - 3 PM**

**Tuesday 21st  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice

**11 AM - 3 PM**

**Wednesday 22nd  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice

**11 AM - 3 PM**

**Thursday 23rd  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice

**11 AM - 3 PM**

**Wednesday 29th  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice

**11 AM - 3 PM**

**Thursday 30th  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice

**11 AM - 3 PM**

**Friday 31st  
December**

Family fun, creative & wellbeing  
activities, sports, cooking &  
nutritional advice and African  
drumming

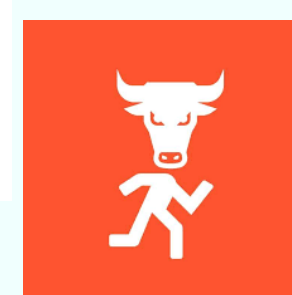
**11 AM - 3 PM**

**Highfield Rd, Birmingham B28 0BT**

**Register via the QR code!**



**Living Well**  
UK



**Birmingham Centre  
for Arts Therapies**