



You are invited to our
Sharing & Caring day!

It's FREE!



East Cheshire
Community Transport

Wulvern's active4age team are committed to ensuring you receive the services and support you need to help you remain independent and enjoy your life to the full!

What: Sharing & Caring day

Date: Tuesday 6th September

Time: 10am – 3pm

At: Pickmere, Rose Terrace, Crewe, CW1 3ET

- Receive information and advice from local support groups, agencies and charities
- Get fit and join in free gentle exercise classes
- Build a bird-box with Men in Sheds
- Enjoy free refreshments
- Sample delicious treats from the Bistro
- Take a tour of Pickmere
- Pick up free giveaways and prizes!

*Come along and see how
you could benefit!*

**Everyone
welcome!**

Tel 01270 506200
www.wulvern.org.uk

www.facebook.com/WulvernHousing

