

Free Well-being Events at Gilfach Bargoed YMCA, 15th March, 2016







Due to funding received by HSCW and GAVO We will be holding wellbeing events for members of the community and they are absolutely FREE! Mums with children are welcome . These events will include: Mindfulness Workshop (10.30 am - 11.30 am and 2.00 - 3.00 pm) Creative Music / Yoga Workshops (1 pm - 2 pm) Therapies (11.30 am - 2.30 pm) Time: 10am - 3pm Free Entry Time: 10am - 3pm Gilfach / Bargoed YMCA, Aeron Place, Bargoed, Mid Glam, Cardiff CF81





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