

Wellness Hubbub

At Crich Glebe Field Centre

GLEBE FIELD CLOSE, CRICH, DE4 5EU 01773 857894

Thursday 17 November
2pm - 6pm

The Wellness Hubbub is bringing together local voluntary and professional organisations to showcase their work in our community to support health and wellbeing. Drop in to the Glebe at any time during the afternoon for information, talks, tasters and a healthy eating demonstration.

As well as information stands around the main hall, there are the following talks and tasters to join in the Parish Room:

- 2pm - **Taekwondo** - taster for all ages
- 2:30pm - **Citizens Advice talk** - surviving the cost of living crisis
- 3pm - **DoBeDo** - taster movement class, suitable for all
- 3:45pm - **Family cooking together demo** - pizza making & tasting
- 4:30pm - **Crich Men's group** - join this sociable half hour for chat and cake
- 5pm - **Citizens Advice talk** - surviving the cost-of-living crisis
- 5:30pm - **Exercise for warmth** - easy home exercises to keep you warm this winter.

Coffee, Tea and soft drinks available all afternoon

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