



BARCHESTER HEALTHCARE

Health & Wellbeing Event

Wednesday 14th January 11am

We understand nutritious meals, hydration and keeping the mind, body and soul are all important to improving residents' health and well being.

11am - Join us for an exercises class run by Absolute Cabaret with exercises for all abilities

11.40am - Join us in the café as we try a selection of homemade fruit smoothies

12.30pm - join us for a complimentary nutritious meal provided by our chefs.

Please come along and join this free event and improve your own wellbeing

Limited spaces available to book please contact
Louise on 01609 775444

Mount Vale Care Home

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Residential Care • Nursing Care • Dementia Care • Respite Breaks