



LYDFORDS
BARCHESTER HEALTHCARE

Nutrition & Wellbeing Workshop

Monday 22nd June

11am-1pm

We invite you to join us at Lydfords for our Nutrition and Wellbeing Workshop, where Gaby & Johnny from Phoenix Health Hub will be on hand to provide nutritional information for the over 60's to support long term health and happiness!
FREE spine checks will also be available.

To reserve your space, please email : lydfords@barchester.com



Lydfords

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