

Women CAN!

Bring this card with you on the day and collect five stamps from different stalls for a free healthy lunch at the Forum Cafe. Then ge nearly when the stamps and hand the collect another five stamps and the completed card into reception at the

Challenge yourself. Try something new. Make it today!

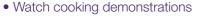
This is your day to do what you want... spoil yourself, learn something new, join in with activities, get information, exchange views, find out what is going on for women in Wythenshawe throughout 2016. Young or not so young, celebrate being a woman!











Enjoy some healthy food tasters

• Begin your journey to a healthier you

• Have fun and get fit with your children

- Get involved in volunteering
- Have a free swim.
- Learn a new skill
- Pamper yourself
- Get advice and information











Name:		Age:
Address:		
		Postcode:
Tel:	Email:	







