

# FEEL GOOD FRIDAY

11AM - 2PM

Heaton Norris Community  
Centre's Wellbeing Hub.  
Bringing people together.

Exercise  
for all

Cookery  
on a  
budget

Group  
walks

Meet  
new  
people

Arts  
and  
crafts

Advice &  
support



**IMPACT**

**hncc**  
HEATON NORRIS COMMUNITY CENTRE

In partnership with

**VIADUCT  
CARE**<sub>cic</sub>

**Contact  
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