

# CHANGES WELLBEING & FRIENDSHIP GROUP

## WHEN

Every Wednesday  
1pm - 3pm

## WHERE

**Glenmore Centre**  
Thorpe Road, Shepshed, LE12 9LU

## WHY

To encourage friendship,  
socialising and wellbeing.  
Particularly for people living  
with isolation or mental health  
issues.

**EVERYONE  
WELCOME**

**COST £1.50**

Includes refreshments  
and materials.

## ACTIVITIES

Crafts

Cooking

Local visits

Tai Chi

Quizzes

## FOR MORE INFORMATION

Call : 01509 650662

Email :

[glenmorecentre@htconnect.com](mailto:glenmorecentre@htconnect.com)

Facebook: Changes Friendship &  
wellbeing group

