



feel good Friday

Friday
2 October
10am - 4pm

Morfa Leisure
Centre &
Community
House

Cader Ave &
Chester Ave,
Kinmel Bay

• Celebrating the
International Day for
Older People

• Try out Adult Youth Club activities

• Health & fitness testing & demos

• Healthy eating demos & tasters

• Smoothie bike

• Advice & information stalls

FREE ADMISSION & FREE SOUP, TEA & COFFEE

For more information call:

01745 360410/361140 or 01492 577824

