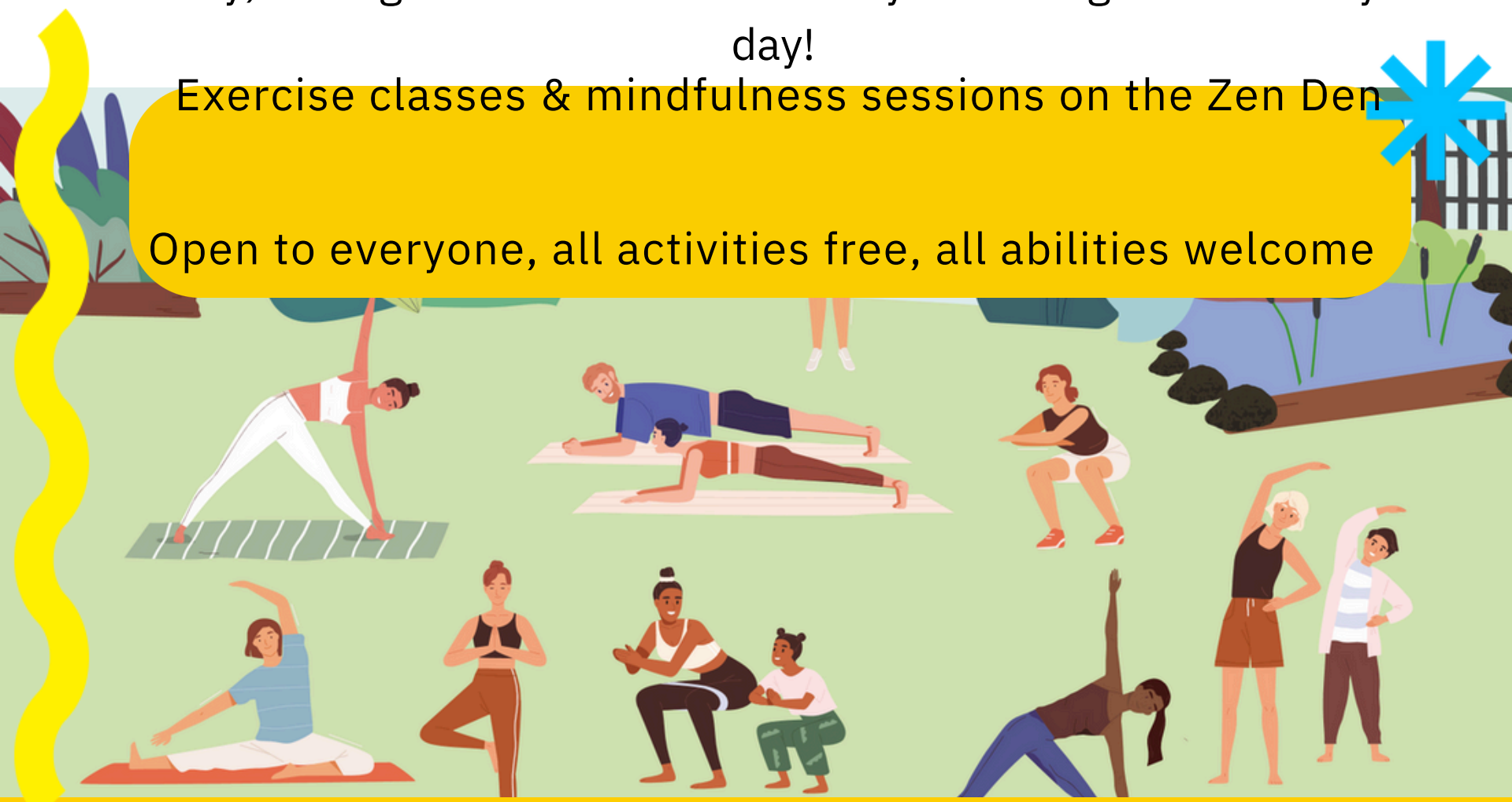
WELLBEING AT GRAHAME PARK!

Join Active Within, The Zen Project and PCN 1W, Everglade Medical Practice, Watling Medical Centre, Parkview Surgery and Deans Lane Medical Centre for a day of health and wellbeing focused on managing hypertension. FREE sessions in partnership with Notting Hill Genesis - Make it Happen. Sessions improve health, increase fitness levels, ease anxiety, manage stress levels and offer you some good vibes in your day!

Exercise classes & mindfulness sessions on the Zen Den

Open to everyone, all activities free, all abilities welcome



DATE: TUESDAY 17TH JUNE
TUESDAY 1ST JULY
TIMINGS: 10AM - 4PM
NEAR TO THE OLD LIBRARY, GRAHAME PARK CONCOURSE, LONDON NW9 5XA

info@activewithin.com

hello@t-z-p.com

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