



Free  
Women's  
Group

TOAST  
LOVE  
COFFEE



**Come join us for  
Free Womens Wellbeing Group**

Starts Thursday 8th August  
1:00 - 3:00PM

Toast Loves Coffee, 13 Harehills Rd,  
Leeds LS8 5HR

Meet other women, Learn Nail Art,  
Make Craft and Aromatherapy  
products to take home for **free**.  
Plus much more!!

Want to know more? Contact Belinda  
0113 248 4880 or email  
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**Mentally Healthy Leeds**  
Let's connect and feel good



**TOUCHSTONE**  
inspiring communities, transforming lives