**Social and Wellbeing Group**

**BAME WOMEN**

**Tuesdays 10am-11.30am**

**For A Healthy and Happy Life**

* **Physical and creative activities**
* **Meet new people**
* **One to one support**
* **Learn new skills**

For further information contact Qudisia:

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Give A Gift

Roundhay Road Resource Centre

233-237 Roundhay Road, Leeds, LS8 4HS