

relationships purpose INTERESTS safety
NUTRITION education PLAN perseverance
trust hope diagnosis understanding
allow friends awareness therapy
balance holistic
EMOTIONS
empower respect self-esteem RESEARCH
recovery family empathy STABILITY VOICE
community exercise fitness RELAXATION
health

AWARENESS
DAY



Chatterbox project
By the Community - For the Community

#doonething

Wednesday 13 October 2021
10.00 am - 2.00 pm

BOOK YOUR PLACE VIA:-

 The Chatterbox Project, Blackley

Email: info@chatterboxproject.com

Tel: 0161 795 6162

FREE WELL-BEING ACTIVITIES

- *Make a hanging basket*
- *Decorate key rings, wooden hearts, paint a bird-box, colour a canvas and more*
- *See what Morrisso Health have on offer*
- *Meet our Greenfingers Team*
- *Free food and refreshments*
- *Come and just relax in our gardens*

