

Want to be
healthier, but not
sure how?

Worried about
the cost of winter?

Struggling to
cope?

**FREE
Activities!**

Healthy Living and Money Saving Tips
Learn How to Make Cheap, Healthy Snacks
Try Mind and Body Activities and a Nature Walk
Facepainting and Kids Colouring Competition
Make Your Own Free Smoothie on a Smoothie Bike!

**South Somerset
Healthy Living & Wellbeing Fayre**

**Saturday 29th October 10am -4pm
at The Henhayes Centre, Crewkerne**

Free Tea, Coffee and Healthy Snacks!