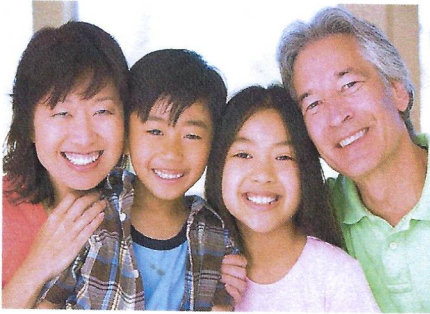


# My Family & Me - Living Safely, Living Well

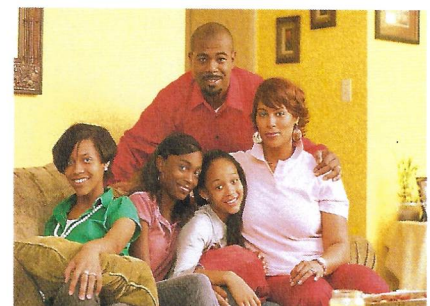
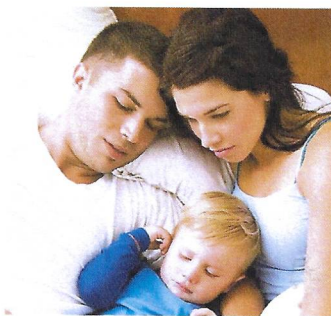
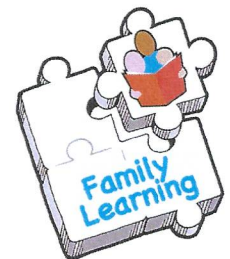


A 6 week course  
includes:



- Fun 'Tasting session'
- A visit from the Fire Service
- A talk with an Oral health advisor
- Relaxation techniques
- Fun ways to exercise

**At St. Therasas Parish**  
**24/9/19 at 9am-11**  
**Contact: Mrs. Windle**



**Sheffield** *where everyone matters*



CUSTOMER SERVICE EXCELLENCE

