

ELTHAM LIBRARY

CHILL OUT IN OUR COOL SPACE!



JOIN US FOR AN INTERACTIVE AND INSIGHTFUL SESSION ON HOW TO STAY SAFE IN ANY HEATWAVE & TAKE PART IN SOME GENTLE, CALMING EXERCISES.

ENJOY A FREE ICE LOLLY AFTERWARDS!

COME AND CONNECT WITH OTHER COMMUNITY MEMBERS AND GRAB YOUR FREE GOODY BAG BEFORE YOU GO! 😊



**MONDAY 20TH JULY, 12:30-2PM
&
MONDAY 10TH AUGUST, 2-3.30PM**



TO BOOK YOUR PLACE, PLEASE CALL 0203 915 4347 OR VISIT THE MAIN COUNTER AT ELTHAM LIBRARY, ARCHERY ROAD, LONDON SE9 1HA



STAY COOL, STAY HYDRATED, STAY SAFE!

**HEALTHWISE:
HEALTHY
LIFESTYLE
SERVICE**



BETTER

**ROYAL BOROUGH OF
GREENWICH**