**Martock Parish**

**Council**

**The Wednesday Club**

A supportive social group promoting well-being for adults in Martock to enjoy a cuppa, activities, and each other’s company.

 9.45am for a group 10 Minute Meditation

10.00am – 11.30am



**Martock Parish Hall**

Cost: 50p per session (to include refreshments)

For more information contact Naomi:

 **Telephone: 07539 754413**

 **Email: community.support@martock-pc.gov.uk**