

# Well Being Cafe

## Coming to Wellingborough!!!!

*Hi we are here to support Asian Women.*

**Come and Relax at Well Being Café** with a cup of coffee and biscuits, have a chat, socialise with everyone. Discuss issues, views on well being, are you feeling Depressed, Emotional, Lack of Sleep, lost interest on everyday life.

Come along we are here to support you.

Sarwat and colleagues

**Venue: Victoria Centre**

**46-50 Palk Road, Wellingborough NN8 1HR**

**Date: 14 May 2010 (fortnightly)**

**Time: 10.30 – 12.30pm**



**Refreshment**

Tea/ Coffee  
with a Cake or  
Biscuit – 60p



Registered Charity number 1058077

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