

Find Your Active with Carol Wakeman



Mid and South Essex

Drop in Session:

Where: Tile House Surgery, 33 Shenfield Rd,
Brentwood CM15 8AQ

When: 13th March 2025 – 10.00 to 11.30

I'm here to:

- ⇒ breakdown barriers to physical activity
- ⇒ promote local activity opportunities
- ⇒ support you in finding the activity that is right for you.

Carol Wakeman
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