

# WILL YOU JOIN US?

cedaWellbeing  
EVENT



**BREW & BISCUIT EVENT**

**DATE:** \_\_\_\_\_



WE WILL BE HOSTING A RELAXED AND INFORMAL  
'BREW & BISCUIT' WELLBEING GET TOGETHER.  
IT'S A CHANCE TO CHAT, SHARE AND DISCUSS ANYTHING.

AND WE MEAN ANYTHING! IT'S ALL ABOUT FEELING BETTER!

**TIME:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

**ANY QUESTIONS?  
PLEASE CONTACT:** \_\_\_\_\_



SCAN THE QR CODE FOR MORE  
INFORMATION ABOUT CEDA WELLBEING

  
**ceda**