

WestKent

Communities

getinvolved@wkha.org.uk
or 01732 749420

Space to grow

WELL-FEST

11 OCTOBER 3-6pm
THE CLOCKTOWER
PAVILION, SWANLEY

A free health and well-being event

4.30pm
GUEST SPEAKER
Steve Brown,
Paralympian
former Captain
of GB National
wheelchair
rugby team

- Healthy eating taste tests - it's not all fruit and veg!
- Kent Sport can help you find a sport you'll love.
- Smoothie bike - make your own smoothie while burning some calories!
- Fun, freebies and more!

Win a fit bit!

