

Monday Afternoon

Health and Wellbeing Sessions for over 60s

- 5 week **Men's Group**. Learn the art of **Marquetry**.

From Monday 18th March, 1.30-3.30pm

- As part of Dying Matters week, '**Who's afraid of the Big Bad ~~Wolf~~ Funeral Director?**' Desmistifying death and funerals, held at Full Circle Funeral Directors in Guiseley*. Monday 13th May. 2-3pm

- Simple **First Aid Skills** for supporting older people (participants can be any age)

Monday 3rd June – 1.30-3.30pm

All sessions held at AVSED, Nunroyd Pavilion, Nunroyd Park, Yeadon, LS19 7HR (*apart from 13th May)

BOOKING IS ESSENTIAL - Contact AVSED on 0113 250 1702 or info@avsed.org.uk

Transport available

Participants **MUST** be registered patients at one of the GP surgeries named below

Organised by AVSED, in conjunction with your local GP practices: Rawdon Surgery, The Menston & Guiseley (Park Road) Practice, Guiseley and Yeadon Medical Practice, and Yeadon Tarn Surgery

