



# BALHAM WELLNESS CAFE

A free and friendly informal group for senior local residents and their carers to enjoy tea, cake and social activities

## WHERE

Balham Baptist  
Church , 21  
Ramsden Road,  
Balham SW12 8QX

## WHEN

Thursday 16th  
November 2017  
2pm-4pm



Join us for, good company, teas & cakes, new friends, table tennis and a guest speaker.

To reserve your place  
please call Tony on 0208 871 0006  
or email [wandsworth@homeinstead.co.uk](mailto:wandsworth@homeinstead.co.uk)

Guests will need to arrange their own transportation

Wandsworth Wellness Cafe run by:

