

## **Be Inspired Lewisham Health and Wellbeing event (FREE)**

Come see what's happening in the local community around health and wellbeing

Wednesday 11<sup>th</sup> March 2020, 10:30 – 14:30  
Glass Mill Leisure Centre, 41 Loampit Vale  
London  
SE13 7FT

### **Be Inspired to**

- **Get active**
- **Get cooking**
- **Get involved**

Come to our **FREE** event and see what's going on in your local community around health and wellbeing. Make some healthy snacks and enjoy taster physical activity sessions - you can try Zumba, Pilates, strength and balance session, Nordic walking and seated exercise.

There will be lots of stands from local community groups who wish to promote and celebrate their work as well as from larger organisations who can give you advice and information.

You can just turn up or book to let us know that you are coming. For more information please contact [Jenny@gcda.org.uk](mailto:Jenny@gcda.org.uk)



## **We are so excited to see the return of our popular 2-hour Taster Session in March to coincide with celebrating International Women's Day!**

This fun, friendly and professional session is a great platform to find out your options for flexible work, a new career or being your own boss in 2020.

We can talk you through what we do and how we can possibly help you in 2020!

Having supported over 5,000 mums back to work or to start a business, Jane and the team have the right tools, techniques and connections to help you achieve personal success.

Come along to find out where the part-time and flexible jobs are advertised, CV tips, confidence techniques, and the steps to starting your business.

Jane will provide an engaging and inspiring talk with your options for flexible working, followed by the opportunity to meet the team and like-minded mums.

## **Book your place today and get started on your very own Successful Mums journey. and MAKE IT HAPPEN.**

Monday, 2 March 2020 from 10:00 to 12:00  
The Mansion  
Beckenham Place Park

BR3 1SY Beckenham  
United Kingdom

**You can read kind words on our social media  
platforms, Twitter, Facebook, LinkedIn and Instagram plus our website.**