

Link4Life

AQUA RELAX

Dementia
friendly

TUESDAYS
3.00PM - 3.45PM

£2.65 carers are free

LAUNCH DATE 6 JUNE 2017

 **Swim
England**





Come and join us to
relax whilst improving
your general health and
wellbeing, followed by
a cup of tea and a chat.

Session is supported
by friendly and
qualified staff.

Any further information please contact
sue.moncaster@link4life.org



www.link4life.org/heywoodvillage

West Starkey Street,
Heywood, OL10 4TW

01706 924000



IN PARTNERSHIP WITH
**ROCHDALE
BOROUGH COUNCIL**

Link4Life is the trading name of Rochdale Boroughwide Cultural Trust. Registered Charity No: 1118610