

Find your roots to your wellbeing



FEELGOOD Community Hub

A warm, welcome & **supportive space** to connect, explore & discover better wellbeing

Come join us for **FREE** food & drink, chats & wellbeing activities in a comfy environment.

- Movement
- Relaxation
- Workshops
- Crafts
- Refreshments

Click this leaflet or scan this QR code to sign up



**More Info
& Dates**



One Saturday a month at
The Yoga Tree, NR1 3NB
Open from 2pm until 5pm

All over 18's welcome
Parents may bring their children
Follow us on Instagram for updates



@feelgoodnorfolk



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