



This Christmas is about sharing the **GIFT OF WELLBEING!**

This voucher is for the three NCIM **FOOD FOR WELLBEING** sessions, 14/21/28 January 2020, 6.15 - 8.30pm, Bakesmiths, Whiteladies Road, Bristol, BS8 2LY.

**MERRY CHRISTMAS!**

If you have any queries please email [enquiries@ncim.org.uk](mailto:enquiries@ncim.org.uk) or call 0117 370 1875.

