

Knightswood Health Day

Knightswood Community Centre
201 Alderman Road, G13 3DD

Thursday 25th February '10

12.30pm-4pm Free

All Welcome

1pm-4pm Complementary Therapies Tasters
In Reiki, Indian Head Massage, Facials, Shiatsu
(Book up for 1/2 hour sessions on the day)

12.30pm-2.30pm Smoothies

2pm-3pm Soup/Nutrition Workshop

2.30pm-3pm Shoto Budo Exercise Taster

1pm-3.30pm Arts and Craft Table

3pm-4pm Knightswood Health Walk

Health Information Stall

Or just pop in for a cup of tea and a chat

(Alternative Saturday Night in 3 Eyes Project-
Netherton Saturday 27th Feb -6.30pm-10.30pm)



NHS
Greater Glasgow
and Clyde



The Annexe
Health, Learning and Culture



West Glasgow
Community Health & Care Partnership