FREE

# Warm Wellness Hub

## A SUPPORTIVE AND WELCOMING SPACE, OPEN TO ALL.

Hot food and drinks

Creative workshops

Health and wellbeing advice

**Every Monday from October 3**

10am-2pm

United Reformed Church,
Whitehaven

COPELAND WELLNESS SERVICE
NHS
WHAT MATTERS TO YOU

COPELAND COMMUNITY FUND

Rosehill

Sellafield Ltd

GROUNDWORK
CHANGING PLACES CHANGING LIVES

Copeland borough council

*Proud of our past. Energised for our future.*