

FUN WEEKLY SESSIONS FOR PARENTS

YOU DESERVE SOME 'ME TIME'!

With Alison & Robert
Wednesdays 10am – 12pm for
8 sessions from 3rd May-28th June

Take some time for yourself in the sessions by:

- Pamper yourself
- sharing traditional food recipes, cook and eat together
- learn new things, make new friends and enjoy time with old ones.
- Trips out to the British Museum, the British library etc.

First Session: Wednesday 3rd May - a Coffee Morning and pamper workshop including lips and hand rubs with stuff for your food cupboard. We also want to hear from you so that you get the sessions you want.

With Alison from Camden Adult Learning. Looking forward to seeing on

Wednesday 3rd May 10am at the school. Speak with Robert for more information.

