

Wellbeing Event for people with Learning Disabilities and their Carers

Monday 18th December in conjunction with Wellbeing Mondays
at Tolson Museum
11am-3pm

Pop into Tolson Museum to meet your Social Prescriber Kulvinder Sokhal to have a friendly coffee & chat and a great opportunity to access support from the following services -

- Get Set Goal – Blood Pressure checks.
- Health Innovation – Cholesterol checks
- HOOT Creative Arts
- LD Health checks

Also join in with the following free activities –

- Yoga
- Thi Chi
- Chair Flex & Stretch
- Arts & Crafts



Tolson Museum
Ravensknowle Park, Wakefield Road,
Moldgreen, Huddersfield
HD5 8DJ