

# Garw Valley Community Healthy Action Event

Thursday 25th April  
1:00 pm - 3:00 pm

Pop in and find out what is going on in your area and  
meet organisations that can offer wellbeing support

- ♦ Men's Shed
- ♦ Tenancy and Housing Support
- ♦ Mental Health Services
- ♦ Welfare and Benefits
- ♦ Employability Support
- ♦ Olympage
- ♦ Tai Chi & Wellbeing and much more...

Join us for  
**complimentary  
Tea, Coffee and  
Homemade  
Welsh Cakes**



- ♦ Bouncy Castle
- ♦ Face Painting
- ♦ Eater Bonnet Parade

## Halo Garw Valley Life Centre

Old Station Yard, Pontycymmer CF32 8ES

