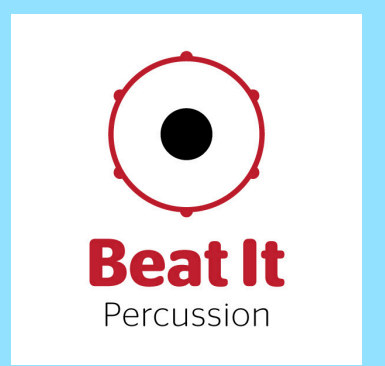


Beat It Percussion CIC brings you

Relax and Chat

A Better Mental Health Fund Programme



Live Sound Relaxation

Wednesdays 5-6pm, arrive from 4.45

May 15th

June 12th

July 17th

August 7th

**At Friar Park Community Centre
Friar Park Road, Wednesbury WS10 0JS**

Relax, de-stress, unwind

Bring your yoga mat if you'd like to lie on the floor (optional)

**These sessions are free for Sandwell residents who
are living with a disability or long-term condition**

To find out more please call Beat It Percussion 07875 090946

