Wednesday

Wellness toolbox

Date: 6th, 13th, 20th and 27th

10-30am - 12pm

Location: Lewes WBC

Morning

Creative Group

Date: 6th, 13th, 20th and 27th

12pm - 1pm

Location: Lewes WBC

Afternoon

Café Drop In

Date: 6th, 13th, 20th and 27th

2-30pm - 3-30pm

Location: Southdown sports club,

Cockshut Rd, Lewes BN7 3PR

Address: 47A Western Road, Lewes, East Sussex, BN7 1RL

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www.southdown.org/wellbeingCentresESCN