

Free Pink Shelf
Period Products for
teens in need

EVERY GIRL SHOULD FEEL WELL



Free Wellbeing workshop (including lunch)
for Teen Girls

FITNESS, FOOD & Handmade FUN

WELL GIRL

FOOD, FUN & HANDMADE BEAUTY WORKSHOP



Fitness fun

- *Just Dance
- *Yoga
- *Meditation
- *Giant Jenga
- *Garage Bingo

Food

- *Cooking Classes
- *Pop Up tasting sessions
- *Recipe Kits
- *Mood Food

Handmade Fun

- *Craft workshop
- *Handmade Beauty Products
- *Arts sessions
- *DIY Fashion

Friday 20th May 2022 4:00-6:00pm

@ Sue Bramley Community Hub

Bastable Ave, Barking IG11 0LH

Age 10 - 18 years

Sign Up essential & limited spaces

Register your interest early at: makeyourmarkbandd@gmail.com

