

Yardley Wellbeing Group

- ✓ Looking to get out more and meet like-minded people?
- ✓ Feeling bored and not sure how to fill your time?
- ✓ Does it feel like you don't talk to people a lot?

Our Community Groups are a great way to get out and socialise with other people.



We can support you to start to build your confidence and social network

You can find us at:

Stechford Leisure Centre

Station Road, B33 8QN

Find us in the fitness studio, located upstairs

Accessible via lift or stairs

Wednesdays 3pm until 5pm

Weekly, starting Wednesday 19th November

If you would like to find out more about our other groups for yourself or someone you know, please get in touch:

Call on 0121 362 3650 or email at info@ageconcernbirmingham.org.uk