# Wellbeing Wednesday and Food is Fun

Pembroke
estate management board

are coming along to the
Wellbeing Wednesday Group
to demonstrate making

# Curry and Naan Bread

and let you all have a

# taste!

Wednesday 4th and
the 11th November

1 till 3 pm

at Pembroke
Community Rooms

## All Welcome!

For more information contact the office on

01752 607277