

Workshop for deaf and hard of hearing people living in Tower Hamlets

Details

Description

The workshops will cover the following -

- The importance of keeping healthy
- Having a healthy diet
- Mental Health
- Overcoming barriers
- How to exercise
- Exercise practice together

Date

24 February 2021

Start Time

13:00

End Time

14:15

Costs

Costs

Free

Event Repeats

Repeats

There are currently no upcoming scheduled repeats

Venue Information

Address 1

Online - Zoom
