



CHATTER MATTERS

PENRITH LEISURE CENTRE

A warm, friendly space to make new friends and have a good old chat.

When: Every Monday, 11am - 1pm and every Friday 1:30pm - 3:30pm
with optional gentle exercise class 1:30pm - 2pm

Where: Board room

Includes: Tea, coffee, biscuits, light lunch and games

Cost: £2 per person

Email betterhealth.eden@gll.org for more info.

BETTER