



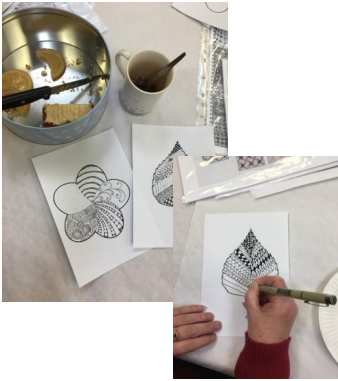
# FREE COFFEE MORNING

Join us on Thursday 24th May for our

## Creative Café

at Somersham Library (PE28 3EG)

11am-12.30pm



**Did you know the Arts, including crafts, dance, film, music and singing;**

- \* **can help meet major challenges facing health and social care: ageing, long-term conditions, loneliness and mental health.**
- \* **can help keep us well, aid our recovery and support longer lives better lived.**



*Creative Health:*  
The Arts for Health and Wellbeing

Transport can be provided on request.

For more information visit our website [www.https://changinglivesomersham.wordpress.com](https://www.https://changinglivesomersham.wordpress.com), follow us on Facebook 'Changing Lives' or call 01487 841359.

