



In association with



EMPOWERING AND ENGAGING WOMEN

A STRONGER COMMUNITIES COMMONWEALTH PROJECT

Providing opportunities to build and develop long-term relationships and connections

Creating spaces for women to have dialogue, share experiences and have fun!

- Coffee & Chat
- Stitching workshops
- Smoothie making
- Buggy walks
- Gentle Exercise



Engaging Women Launch Event: Thurs 9th June, 10-12am. St Nicholas Place, 81 The Green, Kings Norton, B38 8RU

Weekly Workshop Activities: every Thurs from 16th June, 11am-12pm. Location TBC.

Email: impactforlife046@gmail.com



IMPACT 4LIFE WELLBEING

