











Free Well-being Events at Gilfach Bargoed YMCA, 15th March, 2016



Location **Wales, Gwent**
<https://www.freeadsz.co.uk/x-269999-z>

Due to funding received by HSCW and GAVO We will be holding wellbeing events for members of the community and they are absolutely FREE! Mums with children are welcome . These events will include: Mindfulness Workshop (10.30 am - 11.30 am and 2.00 - 3.00 pm) Creative Music / Yoga Workshops (1 pm - 2 pm) Therapies (11.30 am - 2.30 pm) Time: 10am – 3pm Free Entry Time: 10am - 3pm Gilfach / Bargoed YMCA, Aeron Place, Bargoed, Mid Glam, Cardiff CF81



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