




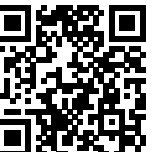

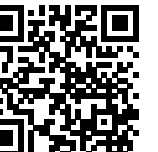




Mind Body Spirit and Cake



Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-407635-z>



The Polegate Community Café and Mindful Meditation present an evening of fun and entertainment come and join us for an evening of 15 minute mini treatments and readings, browse our gift stalls, enjoy tea and homemade cake and meet new people. £1 entry and a raffle in aid of You Raise Me Up. For more information telephone The Polegate Community Café 01323 487340 01323 4873...(click to reveal full phone)

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