

Be the Best Version of You this New Year



'Be the best version of you'

Start the New Year with some fantastic advice from our Fitness & Personal Trainer, David Gover.



Thursday 11th
January 2018

10am-12noon

Everyone is welcome!

Mum's Employability is a project run by HOME to help people gain confidence to get into work.

Join us at:
Seaside Community Hub
125 Seaside, Eastbourne,
East Sussex, BN22 7NN

Phone: 07720 854185
E-Mail: Helen@homecic.com
Website: homecic.com



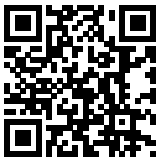
Location **South East, East Sussex**
<https://www.freeadsz.co.uk/x-565208-z>

Start the New Year the best way possible! With the new you!

A personal trainer will be coming to talk to us about the importance of keeping ourselves healthy. We'll be covering the importance of eating well and exercising.

So come and be the best version of you!

Book your place here <https://homecic.com/events/be-the-best-version-of/>



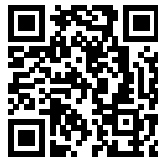
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