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# Be Inspired



**GCDA, in partnership with Lewisham Public Health and Lewisham Council would like to invite you to a public health and wellbeing event on Wednesday 31<sup>st</sup> January 2018**

*Come and see  
whats going on  
in your local  
community  
around health  
and wellbeing*

**Free physical activity taster sessions:**

- Zumba ●
- Cycling ●
- Tai Chi ●
- Nordic walking ●
- Arts and crafts ●
- and more! ●



**31<sup>st</sup> January 2018**

**11:00-15:00**

**Glass Mill Leisure Centre  
41 Loampit Vale  
London  
SE13 7RZ**

**Find out how to BeInspired to:**

- Get active ●
- Cook from scratch ●
- Coach through training ●



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[www.beinspiredlewisham.org](http://www.beinspiredlewisham.org)



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