



HM Government

FREE

Civil Service

# Active Wellbeing Week

# The Lunchtime Stretch

Join us between  
12:00-2:00pm  
3 July 2018

City Hall Lawns, Gorsedd Gardens, CARDIFF!

Join us during lunch time for 20 minutes  
of light stretching, twisting and breathing.

-  Freebies, prizes & more on offer!
-  No equipment or change of clothes needed
-  Visit [activewellbeing.me.uk](http://activewellbeing.me.uk) for more information

Make your move with

