



HM Government

FREE

Civil Service

Active Wellbeing Week

The Lunchtime Stretch

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

Victoria Quays, EDINBURGH!

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 for more information

Make your move with

