



# WELLBEING LIFESTYLE Club

## THE BENEFITS OF VOLUNTEERING: HOW TO ENGAGE AS A VOLUNTEER

THURSDAY 27TH JUNE | 10AM - 12 NOON  
AT YATTON METHODIST HALL

### GUEST SPEAKERS:

Sylvia Carpenter, *Regional Surgery Schemes Development Organiser* RSVP  
Josie Tarnowski, *MVMG RSVP Coordinator*

**Next Meeting: Thursday 25th July, 10am - 12 Noon**  
**Movement Posture and Exercise**

FOR MORE INFORMATION CALL LIZ ON 01934834079

**RSVP**  
West retire  
into action



**VOLUNTEERING**  **MATTERS**