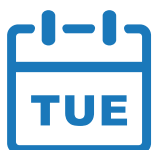


KEEPING COOL THIS SUMMER WORKSHOP

**Join us for a discussion on how to keep cool and
hydrated when the temperatures rise**



Tuesday 15th August



11am to 12:30pm



**Bromley Mencap,
Station Road,
Bromley North,
BR1 3LP**



**For more information and to book your place, please contact
Chetan Raval, Information Support Officer for People with
Physical Disabilities. Contact details below.**

PHONE

020 8466 0790

EMAIL

chetan.raval@bromleywell.org.uk

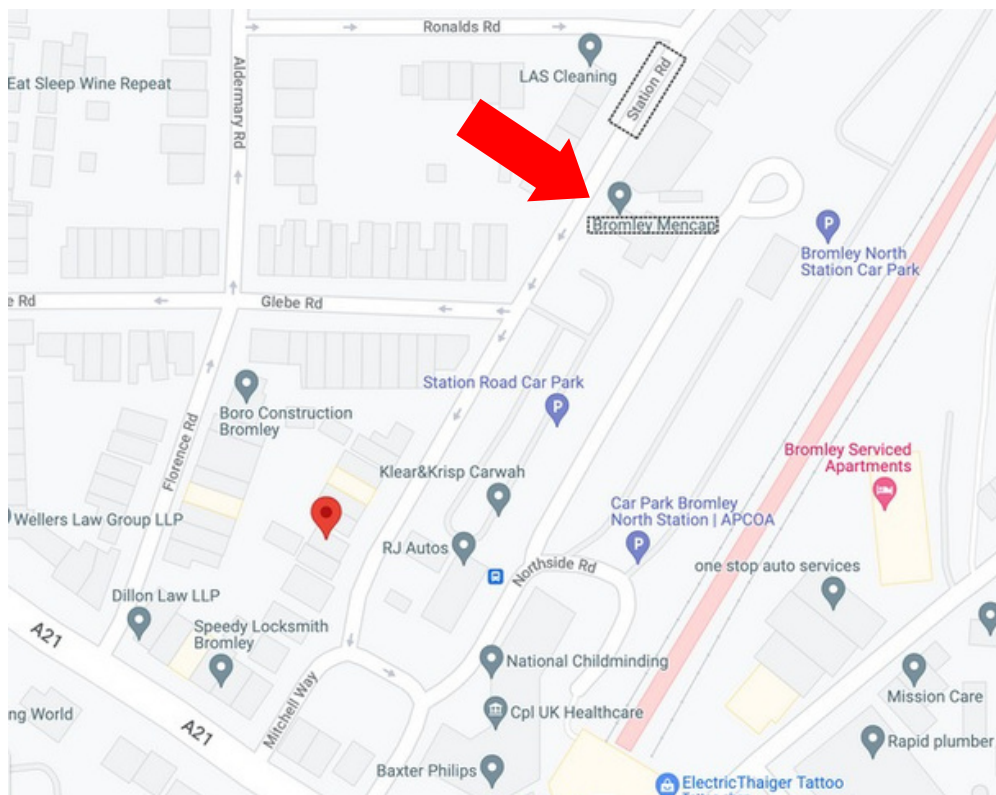
Map and directions

Bromley Mencap Community Hub, Station Road, Bromley North, BR1 3LP



If you walk down Station Road from Bromley North Station, it takes a couple of minutes to arrive at our venue.

The building is situated just after the car park on your right.



Our goal is to empower individuals with physical disabilities to reach their full potential and lead independent and fulfilling lives. Through our workshops, we are committed to helping people do just that.