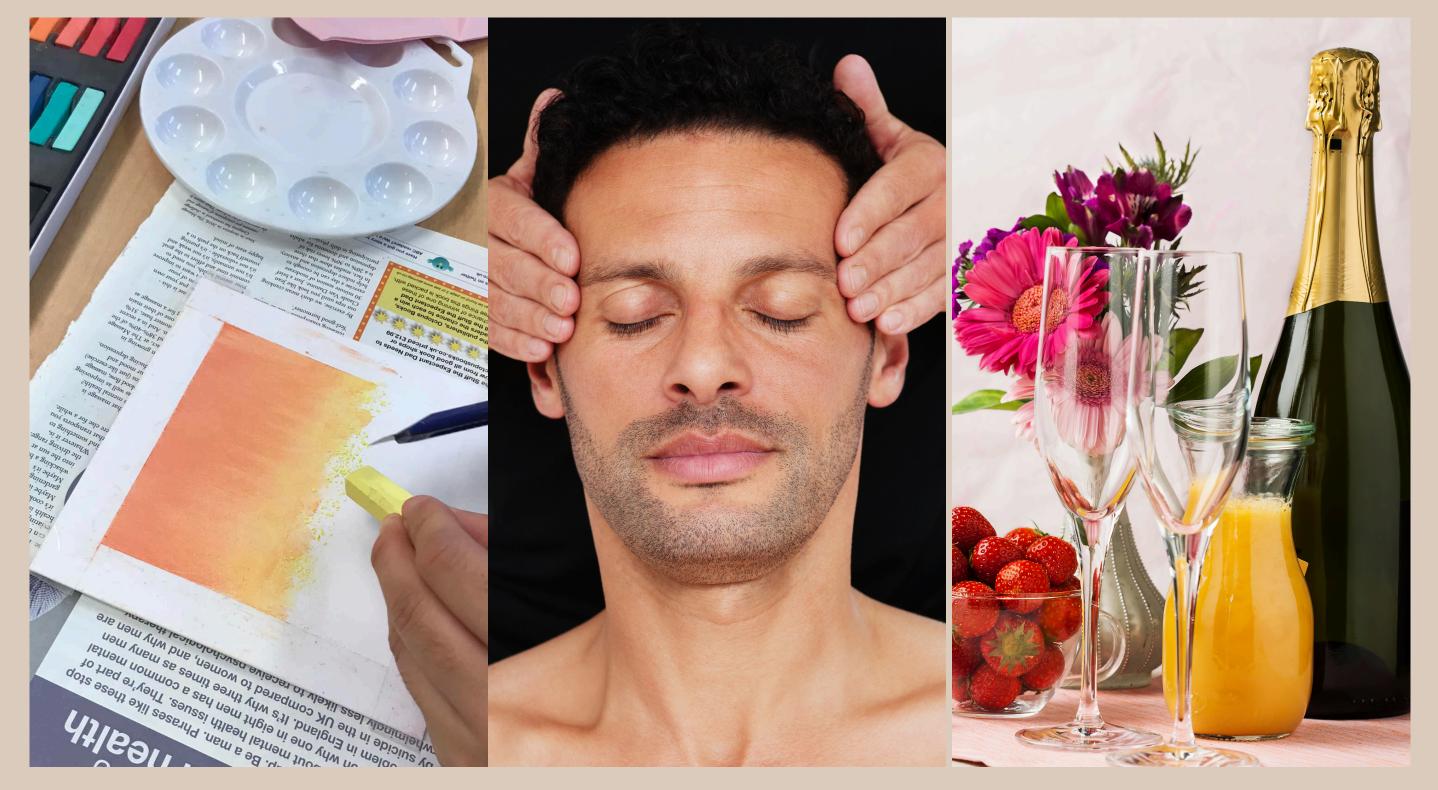
Sutton mencap RELAXATION EVENING

£20 per person, all activities included Saturday 8th February, 6.30pm-9.30pm Sutton Mencap, 8 Stanley Park Road, Wallington, SM6 0EU Please bring cash for raffle on the night, all funds raised go to help support Sutton Mencap



COME AND TRY

 Nagomi Soft pastel art sessions for beginners



- Free glass of Prosecco and chocolate strawberries
- Head massage workshop
- Hand/Arm massage workshop
- Face massage workshop
- Back/Shoulder massage workshop

Massage workshops will teach you the techniques of massage with a friend or partner or the ability to self massage. All massages are over clothes. Sorry over 18's only.

To book a space on the evening please contact Melanie Foote: melanie@suttonmencap.org.uk or Phone 020 8138 8952