



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 
- Make your own massage oil to take home.
- 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