**CHAT and YOGA**

***YOU ARE WELCOME TO THE GLEN DAY CARE CENTER ON TUESDAY 10TH FROM 11 -1***

***TO ENJOY A MORNING OF CHAT AND YOGA AS PART OF KERRY MENTAL HEALTH WELLBEING FEST.***

***Enjoy a chat with friends and some lovely homebaking***

Two cups of coffee with a heart shaped foam

Description automatically generated



***Relax with some light chair yoga***