

RenewWellbeing

South West Networking Evening

Saturday 19th March

7pm-8.30pm

Hosted by RenewAxis

This Renew space is held at the Axis Centre

Community Church Exmouth, 7-9 Market Street, Exmouth, EX8 1HP

(There is no parking on site but there is a car park in easy walking distance EX8 1HZ)

www.communitychurchexmouth.org.uk

- Come and meet the Renew Wellbeing national team, see what a Renew Wellbeing space looks like locally.
- Information about Renew Wellbeing for those new to it
- News and networking for existing Renew space teams
- A chance to hear from Director Ruth Rice about her new book "The A-Z of Wellbeing"
- Free with refreshments provided.



You're Invited!

RSVP ruth@renewwellbeing.org.uk

www.renewwellbeing.org.uk

Quiet Shared spaces where it's OK not to be OK