



Living Well

Community Wellness & Empowerment Service

**Free support
available**



Disability Inclusive Sessions

What You'll Do



**Accessible
activities**



**Chair-based
exercise**



**Friendly social
sessions**



**Help with wellbeing
and confidence**

Contact us to join

-  www.tapestry-uk.org/livingwell
-  livingwell@tapestry-uk.org
-  01708 796600

-  For Havering residents
aged 18-64 years old

**Scan to read more
about our services**



Disability Inclusive Sessions



Gentle exercise
and movement



Mobility and balance
activities



Get support to stay well
as you get older



Get simple advice on
healthy habits and wellbeing



Spend time with others
in group activities



Build confidence and
try things for yourself