

programme



workshops

- 1.00** "The How of Happiness"
Sherry Clark (SLAM) &
Andy Parnham (BCC)
taster of a brand new 4 session course
- 1.45** "How to drug-proof your kids"
Mickey Bailey,
Hope UK
- 2.00** Local History Walk
led by Des Kirkland
Brockley Cross Action Group
- 2.15** "Laugh your way to Happiness"
Cathy Collymore,
Laughter Coach

PLUS free massage sessions throughout the afternoon

stalls & other activities

- Lewisham Recycling
 - Local Councillors
 - Wildfire
 - Local therapists
 - Sustainable Energy
 - Nutrition
 - The Shop on the Hill
 - Deptford and New Cross Credit Union
 - Walk the Line
 - Healing Prayer
 - Money advice
 - Fair Trade
 - Brockley Community Church & Alpha
- and more!
- for children & young people...
- Lewisham Community Sports - multi-sports with free T shirts and prizes
 - children's art & crafts
 - bouncy castle
 - face painting

...plus come prepared for **Healthy Eating Cafe & Fairtrade Shopping**

For more info about Healthy Brockley or other Brockley Community Church events:

☎ 020 8469 2538
email info@brockleycc.org
web www.brockleycc.org

New Healthy Brockley courses commencing soon:
"Alpha" and "The How of Happiness"
and planning has already started on the very popular Christmas Lantern making workshop

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