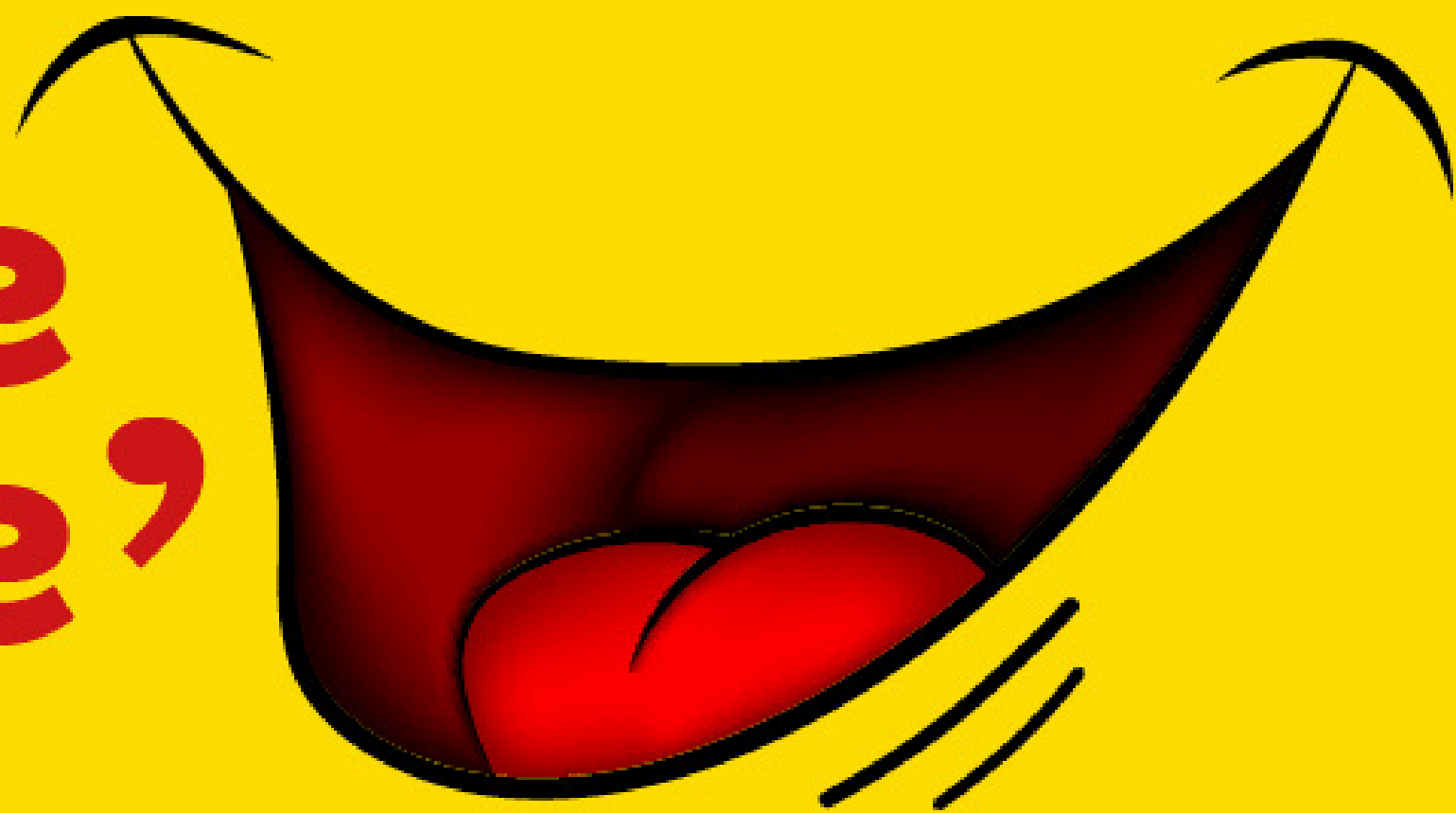


'Merrie Maggie'



WALK with LAUGHTER YOGA

Friday, 4 October 2024

From 10.30 am

Himley Hall and Park
(Meet by main car park)

Himley, Dudley

DY3 4DF

(Car park fee £3.00)

Cost:
Donation



How many times
have you
LAUGHED today?

Laughter makes
you **FEEL** good



Relieve stress by
allowing laughter to
EMBRACE you

Feel **REVITALISED**
through deep Yogic
breathing

For more information,
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