

LDN LONDON Community Hub

Stay Healthy • Be Safe • Live Well



Learning Disability Network London

Live Well

Monday 15th April



11:30am to 1pm



Men's Group

with
Laurence &
Colin



Stay Healthy

Wednesday 17th April



2pm to 4pm



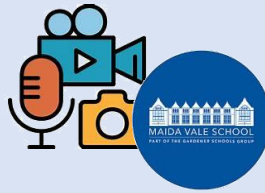
Dance

with
Emily

Live Well



4:30pm to 5:30pm



Multimedia

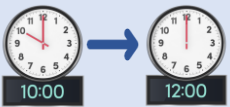
with
Students from
Maida Vale School

**LDN London
Community Hub**
389a Harrow Rd,
London,
W9 3NA



Stay Healthy

Thursday 18th April



10am to 12pm



Zumba

with
Luana

Booking Needed

The Hub Team
Laurence , Luana
and Colin

Stay Healthy

Friday 19th April



11:30am to 1pm



Heart Health

with
Catalina

To find out more
about activities
at the LDN
Community Hub,
please contact:



Laurence Swan
Community Engagement
Manager



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