

Folks and Fables Café

37, Long Acre, Bingham NG13 8AF

One of our 'Good, Bad or Ugly' series

An intriguing talk and a short film, followed by time for discussing some 'myths' and 'truths' about:

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facilitated by

Roger Smith

of

Share Wellness

Monday, 17th July

Starts at 10:00am

**Ticket including choice of hot drink
£5 if paying in advance, or £6 at counter on the day**

More information at www.stoppaddling.com/bingham
www.facebook.com/pg/folksandfables/events