

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:

>> SUGAR <<

facilitated by

Roger Smith

of

Share Wellness

Monday, 3rd 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/tingham
www.facebook.com/pg/folksandfables/events