



MANCHESTER
CITY COUNCIL



113 ABBEY HEY LANE
M18 8TJ



**JOIN FREE
MOVEMENT
GROUP**

With Sajida from
Grass Routes CIC



You will:

- Meet other women
- Explore the outdoors
- Build your confidence
- Play games
- Talk about food

Event starts on:

WEDNESDAYS

from 6th
December
Term-time
9:45-11:30

REGISTER NOW

Sign up at reception
ask for Majdi