

“Me time”

PARENTS

please join us at the

**Riverside Hotel, Beezon Road, Stramongate
bridge, Kendal, LA9 6EL**

(Car park under the hotel)

On Wednesday 10th March from 10am to 2pm

**At the Sanctuary Leisure club which has a
swimming pool, steam, sauna and lounge area.**

**Coffee will be served, sandwiches and chips
available at lunch time 12 noon.**

**Shoulder massage available. If booked and
places are available.**

**If you are unable to make a Wednesday please
let us know which day of the week would be
better for future sessions.**

**Free for parents of families with children with
additional needs. Funded by childrens services.**

**It is for you! “Me time” please bring your
costume or just pop in for a short time to chill
and relax**

**to book ring: Shirley 07795346632 or call into
the Kendal Family Drop-In Centre for more
information**