

## **“Me time”**

### **PARENTS**

**please join us at the**

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

**(Car park under the hotel)**

**On Wednesday 10<sup>th</sup> 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**