

ACTIVITY: WANT TO TRY INDOOR CLIMBING?



Have you been climbing on the wall before?

Are you interested to learn to try indoor climbing? This is a fun way to exercise and becoming fit.

Please come along!

When: Wednesday 12th December 2018

Meet where: deafPLUS centre, Trinity Centre, Key Close, Whitechapel, E1 4HG then travel together to Mile End.

Time: Morning – will inform you what time to meet at DeafPLUS

**IT'S FREE!
DEAF/ HoH
ADULTS FROM
TOWER
HAMLETS ARE
WELCOME**



**PLEASE BOOK
BEFORE WEDNESDAY 5TH DECEMBER 2018**

Please contact the Health & Wellbeing Team:
Sumita Baines or **Milena Blaszczyk** on:



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deaf+PLUS
breaking through barriers