

# **Drum-A-Long**

**Saturday 8th October at  
Brookvale Community Centre**

**3pm-4pm**



## **Come and have a Drum**

**Drum-A-Long is a form of physical and  
mental exercise which increases your BPM.**

**It is great for mental wellbeing, it's  
enjoyable and brings people together**

Message us via Facebook at SEND R US CIC to  
book your place as spaces are limited

**For people of any age  
living in Halton with  
SEND, long-term or  
chronic illnesses**

Brookvale Community Centre  
Northwich Road  
Runcorn  
WA7 6PE

**All children must be  
accompanied by a parent or  
carer**

