

GLOS – FHUB-‘AT EASE’ VETERANS WELLBEING MATTERS

Monday
12th January
12.30-14.30hrs

Launch

**Every 2nd Monday
of the Month**

FREE – BREWS & WETS



Location:

ROOTS CAFE

**69 Alvin St,
Gloucester,**

GL1 3EH

(First Floor - Lift)

Welcome to:

***Veterans, of all Allied Nationalities - (NATO & Commonwealth)**

Monthly topics

***On General Wellbeing Issues – eg Fight Flight Freeze,
Signs Symptoms, Tools to Promote Wellbeing**

Parking:

Heritage Hub, Clarence Row, Alvin St, Gloucester GL1 3DW



For more information, please contact:

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