



Sikh Nari Manch

Celebrate British Asian Hafta With an open Day

on

Thursday 01st November

10.30am till 1.30pm

At

Northside Welcome Centre

176 Streetly Road

Erdington

B23 7AL

Tel: 0121 377 6136

07963 123 751

❖ Everyone is welcome to our open day.

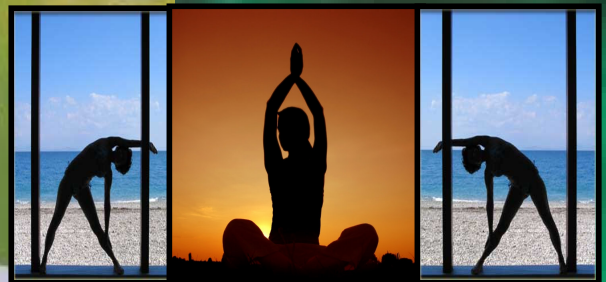
❖ Free delicious Indian refreshments.

❖ Free Yoga classes.

❖ Free confidence Building workshop.

❖ Free access to Spiritual & Cultural Display and DVD's.

❖ Alternative therapies Such as Indian Head massage & Reflexology



The Northside Welcome Centre is open Monday to Friday 10.00am till 2.30pm. During the week we have several free computer classes, two yoga and mediation classes, Confidence building / English classes, 11+ class for children, monthly personal development workshops. We also give free advice and Information. We are here to serve the Community so please feel free to pop in. For more info call 0121 377 6136 or 07963 123 751

