

Asha-Deep Project

Bringing Hope and Light



Wellbeing Mela

Sunday 15 August 2021

12.00pm – 5.00pm

Hindu Community Centre

Highfield Road, Wellingborough NN8 1PL



Complimentary
Therapies
Health Checks
Covid Information
Covid 19 Vaccinations
Creative Arts & Crafts
Stage Programme
Henna Art
Cultural Singing &
Dancing
Vegetarian Food
And much more.....



For Further Details please contact

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Wellbeing Areas

HEALTH CHECKS BP Check, Diabetes check, Covid Information, Vaccination Clinic 	COMPLIMENTARY THERAPIES Aromatherapy, Sacro cranial therapy, Indian head massage and more 	KIDS CORNER Cultural Arts & Crafts workshops, Henna Art, Face Painting 	ACTING WORKSHOPS Chance to try out acting for the young people 
VEGETARIAN SNACKS Pre-packed Vegetarian snacks food & soft drinks 	STAGE Watch and Join in events	CULTURAL Henna Art, Musical Instruments, Traditional Games 	INFORMATION AREA Police, Services, Local Community services 

Stage Programme - 12.30pm – 5.00pm

Will include Yoga demonstration, Cultural singing & dancing

Tree of Hope & Light

An opportunity to share your future hope and aspirations for our community



Please help us all stay safe by wearing masks when appropriate and please respect social distancing for the safety of our community.

PLEASE NOTE: Car parking area will be used for the event, so if visiting by car you will need to park on one of the side roads

