

Feel Good Friday

Activities, talks, and demonstrations to help you feel good.

Join us for an uplifting morning on the 4th Friday of the month at 10.30am - 12pm

Each Monthly session can help you to: -

- Connect with local people.
- Be active and explore the history and heritage of our area.
- Take notice of what's around us.
- Learn something new.
- Share experiences.

For more information, please contact The Norris Museum on 01480 497314 or email info@norrismuseum.org.uk

Free to attend (Suggested donation £3)

26th January -
23rd February
22nd March

26th April -
24th May
28th June



**THE
NORRIS
MUSEUM**

Wherever Your
Curiosity Takes You

norrismuseum.org.uk

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