

Sunday 11th October 2015, 1 - 4pm

Out of the Blue Drill Hall, 36 Dalmeny St, Edinburgh

دوبرو ساموپوچزۇكلو
صحة للحصول على الرفاهية

The Wellbeing Mela

Jabulani Kubatana

Mahrajan

齊歡歡胃樂日

A Day for Everyone

Free Family Event

Bringing people together to celebrate diversity
and promote positive health and wellbeing.



For more information phone: **0131 273 5116**

Come along and enjoy good music, dance, relaxation, basket-weaving, henna, health info, Chinese paper-folding, complementary therapies, children's activities and lots, lots more!

Free 30 minute workshops:

Zumba: 1.10pm Tai Chi: 1.50pm

Laughter Therapy: 2.30pm Hula Hooping: 3.10pm

The Wellbeing Mela

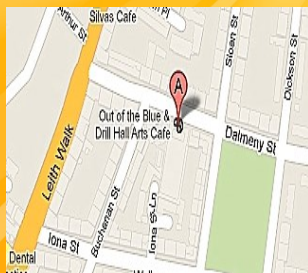
"Wonderful to see all communities together"

"Wow, what a great event - lovely energy"

"We need more of this, celebrating diversity and having fun"

"Loved the Music! Loved the Henna!"

"Very relaxing, good for the body and soul and helped me unwind"



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For more information:

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www.mhfestival.com



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