

prime
time from **VOLUNTEERING MATTERS**

IS CELEBRATING

**INTERNATIONAL
MENS DAY**

**Information from local organisations
for men aged 50+, activities,
demonstrations, music, refreshments
and freshly prepared hot food!**

Tai  Chi



Mindfulness Meditation



Boccia

**Saturday 19th November 2016,
1030-1600, Friends Meeting House,
Ship Street, Brighton BN1 AF**

**For more information contact PrimeTime
on 01273 688117 or email:
primetime@volunteeringmatters.org.uk**

LEADING UK VOLUNTEERING IN POLICY AND PRACTICE

INSPIRING PEOPLE, CHANGING COMMUNITIES