

# Wellbeing day

Friday 21 July 2017  
11am-4pm

Queen Victoria Hospital  
East Grinstead

Activities will include:

- manicures
- reflexology
- reiki
- afternoon tea
- and possibly hand massage

We are holding a free wellbeing day for people aged 16 and over who have sustained a burn. It is an opportunity to take part in activities and meet other people with similar experiences.

The event is open to anyone over the age of 16 who has experienced a burn, or is a relative of someone who has experienced a burn of any type and size at any age and have been treated at any hospital.

You are welcome to bring a friend or family member with you.

For more information or to book your place please email

**Tania.Gibson@qvh.nhs.uk**  
or call **01342 41440**

