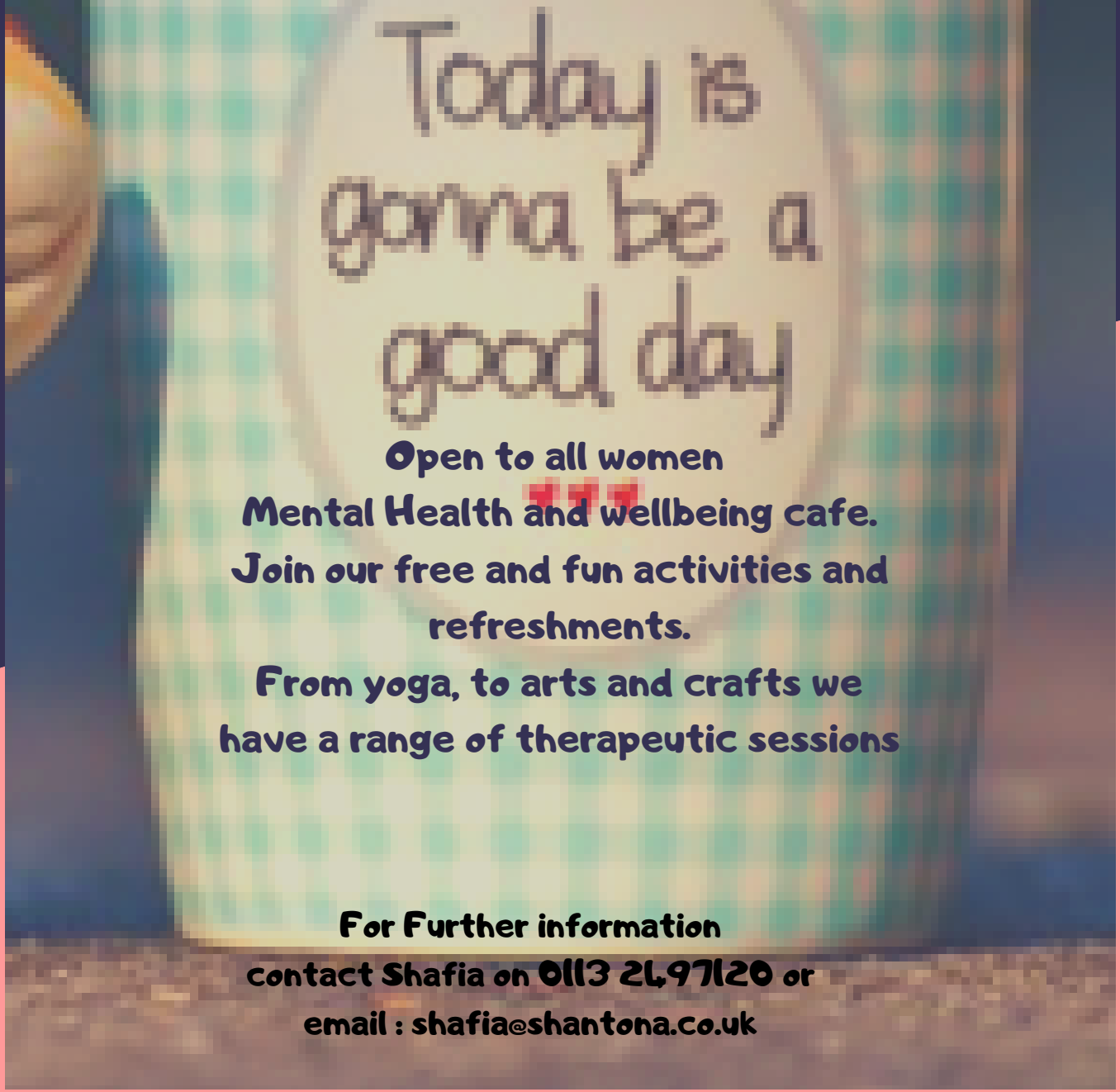
Shantona Women's & Family Centre

Live Well Leeds

Mon Café

EVERY WEDNESDAY
9AM -12PM@BANGLADESHI COMMUNITY CENTRE



Open to all women

Mental Health and wellbeing cafe.

Join our free and fun activities and refreshments.

From yoga, to arts and crafts we have a range of therapeutic sessions

For Further information

contact Shafia on 0113 2497120 or

email : shafia@shantona.co.uk

www.shantona.co.uk

Charity No: 1075752