

FEEL GOOD FRIDAY

PLEASURE IS GOOD FOR US, but it is often overlooked because we don't have the time, money or support to find it.

To change this, we are hosting our own **Feel Good Friday**, in partnership with **Lancaster University's Campus in the City**. Let's prioritise pleasure!

CALLING ALL PLEASURE SEEKERS:



- * **FUN AND INTERACTIVE WORKSHOPS**
including dancing, reading out loud and more
- * **CRITICAL CONVERSATIONS**
on what pleasure means to us and our health
- * **FREE HOT LUNCH**

For more information
and to book a **free** place:

**GREGSON.CO.UK/
FEEL-GOOD-FRIDAY**

**12TH
APRIL
11am-4pm**