

The Transition Well-Being group invites you to  
a day of fun, reflection and connection!

## Transition Cambridge Well-Being Day

Saturday, 4th July, 10am - 5pm  
The Sukhmani Centre and garden

This will be a safe space to express  
your feelings about transition in a  
supportive group atmosphere, and  
enjoy good company, fun, music, a  
beautiful garden, and shared food.

Please bring vegetarian or vegan food to share.  
Contributions welcomed for use of the centre.

Open to all!

If you have anything to offer (such as games, activities, music,  
story, etc) to the programme for the day, please email Agi at  
[berezagi@yahoo.com](mailto:bereczagi@yahoo.com)

Entrance to the Sukhmani Centre is from Lovers' Walk, which runs behind Humberstone Road, at the bottom of the Elizabeth Way bridge, towards the gravel lane with garages. There is parking on Cutter Ferry Close. (The Centre is directly behind 68 Humberstone Road, Cambridge, CB4 1JF, but entrance is only possible from Lovers' Walk).

