

Balance & Bounce



**An adult support group for those with
long-term / chronic medical conditions & their carers**

All are welcome, ages 18 - 118!

**Come and chat, share experiences and meet others in a warm,
friendly and accepting environment.**

Informal, relaxed meetings!

Lytchett Matravers / Minster

The Bakers Arms, Dorchester Road
Lytchett Minster, BH16 6JF

12.30 pm – 2 pm

1st Wednesday of the month

Upton

The Kitchen, Upton Methodist Church,
Dorchester Road, Upton, BH16 5NN

4.30 pm to 6 pm

3rd Thursday of the month

Upcoming Dates

- 4th June
- 9th July (a week late)
- 6th August
- 3rd September
- 19th June 2025
- 17th July
- 21st August
- 18th September

**For further details, please find us on Facebook or
contact Jo - jo.whitedove@yahoo.com**

Upton Methodist Church
part of

