

# Refresh, recharge & renew!

Tom's Trust are hosting an evening of health and fitness to recharge both mind and body at St Faith's School on 31st January 7.30pm. Industry experts, including Active Life and Scrummy Life, will be on hand to kick start your New Year.



Tickets: £5 early bird before 15th Jan, £10 afterwards. Email: [info@tomstrust.org.uk](mailto:info@tomstrust.org.uk)