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## Let's Celebrate Community Roots (Brent)

Come join us as we showcase the Community Roots Programme (Brent) and offer FREE activities to the community this Easter holidays.

Date: Saturday 13th April 2024

### Timings:

- 10a.m. - 12:30p.m. - Litter Pick with Friends of Grand Union Canal
- 10a.m. - 11:30a.m. - Maintaining Canalside Herb Planter with Canal & River Trust Volunteers
- 10a.m. - 11a.m. - Pilates session with Christine Coker
- 10:30a.m. - 2p.m. - Nature workshop/talk with Russell Miller
- 10:45a.m. - 1:45p.m. - Let's Create Textile Art with Joke Amusan
- 11a.m. - 12p.m. - Bootcamp session with Active Within
- 11:30am. - 1p.m. - Art/Nature workshop to decorate your own terracotta pot and plant it up
- 12p.m. - 2p.m. - Taster sessions with Active Within including box fit, bootcamp, yoga

### Address:

Grand Union Community Hub,  
1 Quay Walk,  
Wembley,  
HA0 1DY

Please register onto the activities by scanning the QR code or visit:

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