



Hannah's Day

Saturday 25th July 2009



From 3.00 till late

Please join Nigel and me for
the 5th Hannah's Day in memory
of my mum for whom family and
friends were so important.

Naomi

Read on to find out more about
the day

If you can't join us for
whatever reason, for Hannah's
sake please contact us to keep
in touch.







ABOUT HANNAH'S DAY

Hannah's Day is our way of remembering my mum always wanted to keep in touch with people she cared about.

This Open Day (come and go when you please - children welcome in the afternoon) is held as close as possible to the anniversary of her passing. You're invited because we care about you and don't want to lose touch with you.

This year we're working on the 'community picnic' idea, so please bring along some food (perhaps your favourite signature dish) to share with the other guests.

Whether or not you can make the party, in the true spirit of Hannah's Day, why not contact someone you don't see very often, just to let them know that you still think of them and care about them.





Bring some food to share, a
bottle and a friend if you wish

EXTRA EVENT (weather permitting)
Biodanza from about 3.00 pm

Meet us there if you want to
join in or just watch. Otherwise
come straight to the house.





ABOUT BI ODANZA

Biodanza is moving with music. I t's almost impossible to describe what it feels like to join in one of these sessions. Some people love it. I do! I f you enjoy dancing you will too.

Come along to join in with, or just watch, a short session taken by Pippa Kennan, an accredited Biodanza instructor who's giving her skills and time free of charge.

(I f you join in with the session it would be appreciated if you could give a small donation for Pippa and towards the fee we will have to pay for use of the school field.)

I f you want to find out more about Biodanza before the event, go to
www.biodanza-herts.co.uk (Pippa's site) or
look on www.biodanza.co.uk

