



## Elevate your spirits with Tilda & LOVO

as we invite you to a day of selfcare and  
wellbeing on the 27th of June 2024

**10:30am to 1:15pm**

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### Address:

Peckham Park Baptist Church Hall  
Peckham Park Road, London, 121, SE15 6SX

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**Receive free Tilda rice and goodies!**

 [www.love.website](http://www.love.website)

Tilda.com  TildaRice  TildaRice

# Itinerary

**10:30 am – 11:00 am**

Bites and Breakfast

**11:00 am – 11:15 am**

Speech by Ola, founder of LOVO

**11:15 am – 11:30 am**

Introduction to Tilda

**11:30 am – 12:15 pm**

Tilda brings a nutritionist to provide tips to stay healthy, with some budget friendly recipes

**12:15 pm – 1:15 pm**

Two groups for some fun activities; register for Zumba & Self Massage sessions

Receive free Tilda rice and goodies!\*

## Contact Us

☎ 07405683729

✉ hello@lovo.org.uk

🌐 www.lovo.website