

**SPD Pilates**

# Stretch & Sip Social

*Supporting your local hospice*

Treat yourself to an afternoon of stretching your body, a glass of fizz and meeting new friends, whilst raising funds for Trinity Hospice. Bring a mat, towel and a smile!

Tickets £12 include entry into prize raffle

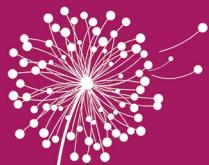
**28 September 2025**

**13.00-15.00pm**

**Poulton Community Hall**

**Poulton-le-Fylde**

**FY6 7BE**



**Trinity  
Hospice**

*Compassion and care*

For more info call Susan Pilkington-Davis - SPD  
Pilates

**Tel: 07860273782**

Registered Charity No. 511605

