

# Warmth & Welcome

at

BIRMINGHAM

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ASIAN  
RESOURCE  
CENTRE



## Birmingham Asian Resource Centre

**On: Mondays Women Only 9:30am – 2:30pm**

*Breakfast, women's yoga access to computer internet, advice and advocacy and various health workshop and budgeting skills*

**On: Tuesdays Men Only 9.30am – 12.30am**

*Breakfast, men's yoga, access to internet and computer, advice, advocacy, various health workshops and budgeting skills*

**On: Thursdays 12.30pm – 3pm**

*High impact exercise, chair-based exercise, tea coffee snacks. Access to computer and internet*

**At: St Silas Church, 80 Lozells Street, Lozells, Birmingham, B19 2TD**

*To find out more please email or call: Reshma*

**Reshma.Rahman@AsianResourceCentre.onmicrosoft.com**

**07745 447049 or 0121 523 0580**

*“Promoting Health and Wellbeing, Instilling Dignity and Respect”*

*We welcome all with open arms, it is our first step  
towards building lasting connections*



Supported by:

**THRIVE  
TOGETHER  
BIRMINGHAM+**

