We are holding a Coffee Morning to raise money for Macmillan.

When
10:30am on Friday 29th September 2017

Where
Midland Metro Alliance
4th Floor
Alpha Tower
Suffolk St Queensway,
Birmingham
B1 1TT

From
Women in Rail West Midlands

RSVP
westmidlands@womeninrail.org

Other info

WIRWM is delighted to be supporting Macmillan Cancer's fundraising "World's Biggest Coffee Morning" again and equally delighted to invite you to attend.

Apart from being a great networking event, we'll be taking this opportunity to discuss strategies for ensuring that health isn't something that gets pushed to the bottom of the "to do" list. With so many women having to juggle such demanding lives, we want to highlight the importance of looking after ourselves, and what we can do in simple to implement steps to improve our general health and wellbeing.

Starting at 10.30am, the event is kindly hosted by Midland Metro Alliance in their new offices in Alpha Tower Birmingham city centre. They are providing the tea & coffee and we ask you to come along (please bring a cake if you can!) and contribute to the wonderful work that Macmillan are doing.

Feel free to bring friends and colleagues with you too. If you can kindly RSVP to westmidlands@womeninrail.org with names of attendees that would be great.

What is Coffee Morning?

If you can't come but would still like to give a donation to Macmillan just text CUPCAKE to 70550 (one text=£5), go to macmillan.org.uk/coffee or phone 0845 074 2606.

Texts cost £5 plus network charge. Macmillan will receive 100% of every £1 donated in this way. Obtain bill payer's permission. Text STOP to 70550 to opt out from future communications from us.

CAKE TASTES BETTER
TOGETHER
#coffeemorning

Follow us