

BE WELL CENTRE

The Be Well Centre was formed 5 years ago, set up to serve the people of Henley, in order to help them with their stresses and pains in an alternative way.

Every week there are usually four different therapists. Val Stoner who runs the Centre said, "Initially the support was free of charge, but we found that the people who came for help didn't feel comfortable with that, and so we suggest a £5 donation but that is not compulsory.

All the money collected goes to charitable projects. We are open from 12 noon until 2pm each Monday except bank holidays."

The Centre is situated in King's Arms Barn, which is between the Town Hall and the small Waitrose car park.