



The English Bridge Union and Cancer Research UK are teaming up to raise awareness of bridge and funds for the charity. Our **Discovery and Play** session is an opportunity for you to find out more about the game and have a go at playing, or perhaps you have played before but not for some time and would like an opportunity to try it again or you may just want a game of bridge. Whatever your reason, why not come along and give it a try.

Apart from bridge being an inexpensive activity, research has shown that there are a number of benefits to playing Bridge:

1. Boosts Cognitive Skills
2. Promotes Mental Agility
3. Enhances Problem Solving Skills
4. Fosters Social Interaction and Bonding
5. Reduces Stress and Anxiety

Face to Face Discovery and Play Wednesday 11th September @ 8-10pm

A cost of £4 will be asked for play and refreshments with profits going to Cancer Research. Alternatively, come a long to observe and enjoy refreshments for a donation of £2+.

WHERE: Beckenham Methodist Church, Bromley Road, BR3 5JE

**CONTACT: Website - <https://www.bridgewebs.com/beckenham/>
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