



**ILA-WALES CIC**  
**IBERIANS & LATIN**  
**AMERICANS IN WALES**

# WHAT WE DO

**WELLBEING  
PROJECT:  
THERAPIES &  
TRAINING**



**ARTS & CRAFTS  
PROJECT &  
EXHIBITIONS**



**HERITAGE DANCE  
PROJECT:  
REHEARSALS &  
PERFORMANCES**



**COMMUNITY  
GARDEN**



**COOKERY  
WORKSHOPS**



**POETRY AND  
FILMS**



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