

Virtual Wellbeing Sessions August 2021

Registered Charity No. 512987

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	1
2	3	4	5 Mindfulness 11am - 12pm	6	7	8
9	10	11	12 Men's Space 11am - 12noon	13 Online Choir 2pm - 3pm	14	15
16	17	18	19 Sporting Memories 11am - 12pm	20 Online Choir 2pm - 3pm	21	22
23	24	25	26 This is Me 11am - 12pm	27 Online Choir 2pm - 3pm	28	29
30	31	28	29	30	31	1