

Virtual Wellbeing Sessions

July 2021

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