

Virtual Wellbeing Sessions

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		Share & Care Skin session 11am - 12pm Coping Strategies & Relationships 2pm - 3pm 1	Virutal Mindfulness 11am - 12pm 2	Introduction to Care Co-ordination 2pm - 3pm 3	4	5
6	7	Carers Count Information session 10.30am @ Meltham Doctors 8	Virtual Fatigue 2pm - 3pm 9	Online Choir 2pm - 3pm 10	11	12
13	Mindfulness 2pm @ Elmwood Family Doctors 14	Sporting Memories 11am - 12pm Medequip TBC 15	Virtual Menspace 11am - 12pm 16	Online Choir 2pm - 3pm 17	18	19
20	Care Co-ordination 10.30am @ Meltham 21	Managing Fatigue 2pm @ Elmwood Family Doctors 22	Virtual Sporting Memories 11am - 12pm 23	Online Choir 2pm - 3pm 24	25	26
27	Breathlessness 10.30am @ Colne Valley Doctors 28	Advanced Care Planning 10.30am @ Colne Valley Doctors 29	This is Me 11am - 12pm 30			