



Wellbeing Calendar

Learn Nourish Discover

APRIL - 2024

MON	TUES	WED	THU	FRI
1 Bank Holiday CLOSED	2	3 CLOSED	4	5
8 Healthy Food Made Easy (1:45pm - 3:45pm)	9	10 Tai- Chi with Georgina (2pm - 3pm)	11	12
15 Healthy Food Made Easy (1:45pm - 3:45pm)	16	17 Tai- Chi with Georgina (2pm - 3pm)	18	19
22 Healthy Food Made Easy (1:45pm - 3:45pm)	23	24 Tai- Chi with Georgina (2pm - 3:pm)	25	26
29 Healthy Food Made Easy (1:45pm - 3:45pm)	30			

BOOKING INFORMATION –

All activities must be booked in advance. Bookings can be made by calling us on [\(01\) 494 0502](tel:014940502)

All activities are free of charge and are available to people who would like to become more active in managing their own mental health and wellbeing. Booking must be done by the person themselves.

Charity Number CHY 12234 Charities Regulation
 Number 20035358 Company Registration Number
 227727
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