

Events 11 - 15 Dec

Mon 11	1pm - 3pm	FoodCycle Lunch
Tues 12	5pm - 5:30pm	Mindfulness
	6:30pm - 8:30pm	Men's Wellbeing workshop
Wed 13	2pm - 3pm	Chair Based Yoga
	2pm - 4pm	Women's Gym
	4:30pm - 5:30pm	Ear Acupuncture
Thurs 14	5:30pm - 8:30pm	Festive Special - Holiday Party

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