

EVENTS IN APRIL

Every Mon	1pm - 3pm	FoodCycle Lunch
Every Tues	5pm - 5:30pm	Mindfulness
Every Wed	2pm - 4pm	Women's Gym
Every Wed	4:30pm - 5:30pm	Ear Acupuncture
Every Fri	12:30pm - 1pm	Mindfulness

Thurs 4	12:30pm - 3pm	Positive Over 50 Lunch
Wed 10	6:00pm - 8pm	Together group
Wed 17	6:00pm - 8pm	Rainbow Men group
Wed 24	4pm - 8pm	Gym Induction
Wed 24	6pm - 8pm	Women's group

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