



The Wellness Area



Friday 10th June

	Group Sessions	Drop ins
18:00-18:20	Circle time	Arts & Crafts
18:30-18:50	Your tree, Your wellbeing	
19:00-19:20	Hypnotherapy	
18:00-18:20	Meditation	
20:00-20:20	Self-help talk	
20:30-20:50	Circle time	