



Come and join us for some informative and fun sessions throughout December

December programme

Date	Session time	Start time	Description	Age groups
10 December	10.00am – 11.00am		Yoga class with Lisa	All
11 December	11.00am – 12.00pm		Dance class with Rachel	All
12 December	12.00pm – 12.45pm		Cooking with Zara (Saturday)	All
15 December	11.00am – 11.30am		Bowel screening with Winnie	18 plus
15 December	2.00pm – 2.45pm		Cervical screening with Esther	18 plus
16 December	11.00am – 12.00pm		Annual health checks/Flu jabs	14 plus
17 December	12.30pm – 1.15pm		Cooking with Zara	All
18 December	11.00am – 12.00pm		Dance class with Rachel	All
18 December	1.00pm – 1.45pm		Breast screening with Caroline	18 plus
18 December	4.30pm – 5.30pm		Games/music with Ian	All
22 December	1.00pm – 2.00pm		Yoga class with Lisa	All
25 December	12.00pm – 1.00pm		Games/music with Ian	All
31 December	4.00pm – 5.00pm		Games/music with Ian	All

For more information



Email ian.ross5@nhs.net or call



07881 260281

To register please visit our website

<https://selondonccg.nhs.uk/winterwonderlandofwellbeing>