



Wellbeing Inside and Out Group Programme: Spring 2017

Wed 8 th March	10.00 Relaxation with Pauline	Understanding Food Labelling	1.00pm-3.00pm Self Governing Fund raising making activity.	Saturday Group
Friday 10 th March	Understanding Food Labelling		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 15 th March	10.00 Relaxation with Pauline	A healthier way with food	1.00pm-3.00pm Self Governing Fund raising making activity.	Sunday Group
Friday 17 th March	A healthier way with food		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 22 nd March	10.00 Relaxation with Pauline	Emotional Versus Physical Hunger	1.00pm-3.00pm Self Governing Fund raising making activity.	Saturday Group
Friday 24 th March	Emotional Versus Physical Hunger		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 29 th March	10.00 Relaxation with Pauline	Escape Scenario	1.00pm-3.00pm Self Governing Fund raising making activity.	Sunday Group
Friday 31 st March	April Challenge		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 5 th April	10.00 Relaxation with Pauline	Being Mindful	1.00pm-3.00pm Self Governing Fund raising making activity.	Saturday Group
Friday 7 th April	Being Mindful		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 12 th April	10.00 Relaxation with Pauline	Easter Bring Lunch to Share 10.00- 3.00pm + raffle, and games.		Group will be on a Saturday Easter weekend
Friday 14 th April	Good Friday Closed			
Wed 19 th April	10.00 Relaxation with Pauline	Healthy Swaps	1.00pm-3.00pm Self Governing Fund raising making activity.	Saturday Group
Friday 21 st April	Healthy Swaps		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 26 th April	10.00 Relaxation with Pauline	Move More	1.00pm-3.00pm Self Governing Fund raising making activity.	Saturday Group
Friday 28 th April	Move More		1.00pm-3.00pm Self Governing Fund raising making activity.	
Wed 3 rd May	10.00 Relaxation with Pauline	Portion Sizes	1.00pm-3.00pm Self Governing Fund raising making activity.	Sunday Group
Friday 5 th May	Portion Sizes		1.00pm-3.00pm Self Governing Fund raising making activity.	

The programme may be subject to change at short notice.