

Wellbeing Socials August 2021

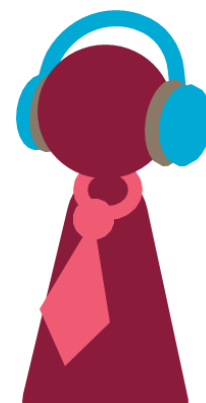
Date & Time...	Event...	Location...
Mon 2nd 11:00	Bump, Baby and Me	Online
Tue 3rd 10:30	Wellbeing Walks – NEW!	Norwich
Tue 3rd 18.00	Women's Group	Online
Thu 5th 10.30	Meditation with Mevy	Online
Thu 5th 14:00	Holland Court Gardening Group	Norwich
Fri 6th 10:30	Virtual Café	Online
Mon 9th 10:00	Yoga with Emily	Online
Tue 10th 12:30	Wellbeing Walks – NEW!	Sandringham
Tue 10th 18.00	Quiz	Online
Thu 12th 10:30	Creative Writing	Online
Fri 13th 10.30	Wellbeing Walks – NEW!	Cromer
Mon 16th 10:00	Intro to Socials	Online
Mon 16th 12:30	Wellbeing Walks – NEW!	Lowestoft
Tue 17th 18:00	Mens/Dads Club	Online
Wed 18th 12:30	Wellbeing Walks – NEW!	Gorleston
Thu 19th 14:00	Holland Court Gardening Group	Norwich
Fri 20th 10:30	Wellbeing Walks – NEW!	Wymondham
Fri 20th 10:30	Desert Wellbeing Discs	Online

More events including weekly socials on the next page...

Our socials are open to anyone aged 16+ with no need to book and are based upon the '5 Ways to Wellbeing'; These are a set of evidence-based recommendations which, when followed, can improve your mental health and wellbeing.

Full details and access to virtual socials [via our website](#).

Any questions? Contact us at socials@wellbeingandw.co.uk



Wellbeing Socials August 2021

Date & Time...	Event...	Location...
Mon 23rd 13:30	Virtual Cafe	Online
Tue 24th 12:30	Wellbeing Walks – NEW!	Norwich
Tue 24th 18.00	Relax and Revive	Online
Wed 25th 13:30	Wellbeing Walks – NEW!	Halesworth
Thu 26th 10:30	Wellbeing Around the World	Online
Thu 26th 10:30	Wellbeing Walks – NEW!	King's Lynn
Fri 27th 10:30	Laughter Yoga	Online



Bank Holiday – Monday 30th August

Tue 31st 18.00	Crosswords Together	Online
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Weekly socials

Day & Time	Event...	Location...
Mon 1:30pm	Virtual Café	Online
Tues 2:30pm	Virtual Arts & Crafts Group	Online
Wed from 10am	Team Tennis – NEW!	Gorleston
Wed 1:30pm	'ATPF' Men's Football Group @ Bowthorpe	Norwich
Thu 1:30pm	'ATPF' Men's Football Group @ Goals	Norwich
Thu 2pm	Allotment Group (No session Aug 5th)	Lowestoft



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