



Scholl Wellbeing Centre Drop-in Day Thursday

Access to online sites and Macmillan cancer information.
Counselling and 1:1 support available all day. All programmes are subject to change

03/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Tai Chi	1pm - 4pm: Reiki/message 1pm-4pm: Money Management (by apt) 2pm-3pm: Art/craft session
10/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Relaxation	1pm - 4pm: Reiki/message 1pm - 4pm: Money Management (by apt) 2pm - 3pm: Art/craft session
17/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Yoga	1pm - 4pm: Reiki/message 1pm - 4pm: Money Management (by apt) 2pm - 3pm: Art/craft session
24/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Chair Based Exercise	1pm - 4pm: Reiki/message 1pm - 4pm: Money Management (by apt) 2pm - 3pm: Art/craft session



Scholl Wellbeing Centre Drop-in Day Monday

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07/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Chair Based Exercises	1pm - 4pm: Hairdresser 1pm-4pm: Money Management (by apt) 2pm-3pm: Art/craft session
14/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Relaxation	1pm - 4pm: Hairdresser 1pm - 4pm: Money Management (by apt) 2pm - 3pm: Art/craft session
21/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Wii Fit	1pm - 4pm: Hairdresser 1pm - 4pm: Money Management (by apt) 2pm - 3pm: Art/craft session
28/01/2019	10:30am - 12:30pm: Manicure Understanding Benefits 11am: Tia Chi	1pm - 4pm: Hairdresser 1pm - 4pm: Money Management (by apt) 2pm - 3pm: Art/craft session