

Monday 11 January		Tuesday 12 January		Wednesday 13 January		Thursday 14 January		Friday 15 January	
Box Fit	10:00am	Virtual Coffee Morning	10.00am	Mindful Stretching	10.00 am	Introduction to Depression	10:00am	Body Fit	10.00am
Introduction to Anxiety	11:00am	Let's Dance With Movema	11.00am	What is Addiction?	11:00 am	Let's Dance With Movema	11.00am	The January Creative Challenge	11.00am
How to Zoom	1:00pm	Core and More	1.00pm	Creative Writing for Wellbeing with the Liverpool Everyman & Playhouse	1.00pm	Virtual Walking Group	1.00pm	Life Rooms Learning – Side By Side Meeting	1.00pm
Introduction to Self Esteem	2:30pm	Coffee Concert with Liverpool Philharmonic Orchestra	2.30pm	Making Music	2.30pm	Confidence Through Drama with Liverpool Everyman & Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with Liverpool Everyman & Playhouse	2.30pm
Monday 18 January		Tuesday 19 January		Wednesday 20 January		Thursday 21 January		Friday 22 January	
Box Fit	10:00am	Virtual Coffee Morning	10.00am	Mindful Stretching	10.00 am	Introduction to Assertiveness	10:00am	Body Fit	10.00am
		Let's Dance With Movema	11.00am	Alcohol Addiction Awareness	11:00 am	Let's Dance With Movema	11.00am	The January Creative Challenge	11.00am
Introduction to Confidence Building	1:00pm	Core and More	1.00pm	Creative Writing for Wellbeing with the Liverpool Everyman & Playhouse	1.00pm	Virtual Walking Group	1.00pm	The 5 Ways to Wellbeing	1.00pm
Coffee Concert with Liverpool Philharmonic Orchestra	2:30pm	Music Appreciation	2.30pm	Making Music	2.30pm	Confidence Through Drama with Liverpool Everyman & Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with Liverpool Everyman & Playhouse	2.30pm