

Click the session titles to register your interest on Eventbrite for the sessions you'd like to attend.

Monday 2 November		Tuesday 3 November		Wednesday 4 November		Thursday 5 November		Friday 6 November	
How to Zoom	10.00 am	Virtual Walking Group with the Canal and Rivers Trust Six-week course-week 1	10.00am	Punch Fit	10.00am	Body Fit	10.00am	Virtual Coffee Morning	10.00 am
Mindful Stretching	11.00am	Bollywood Dance with Movema Six-week course- week 1	11:00 am	Introduction to Anxiety	11.00am	Basic Contemporary Dance with Movema Six-week course-week 1	11:00 am	Seated Cardio	11.00am
Super Sing with Liverpool Philharmonic Six-week course- week 1	1.00 pm	Introduction to Confidence Building	1.00pm	Creative Writing for Wellbeing with the Playhouse	1.00pm	Drugs Awareness Two-week course-week1	1.00pm	Introduction to Self Esteem	1.00pm
Introduction to Depression	2.30pm	Exploring Music with Liverpool Philharmonic Six-week course- week 1	2.30pm	Musical Connections with Liverpool Philharmonic Six-week course-week 1	2.30pm	Confidence Through Drama with the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with the Playhouse Eight-week course-week 1	2.30pm
Monday 9 November		Tuesday 10 November		Wednesday 11 November		Thursday 12 November		Friday 13 November	
Mental Health Resiliency	10.00am	Virtual Walking Group with the Canal and Rivers Trust Six-week course-week 2	10.00 am	NAAFI Remembrance Event (Details to come)	11.30am	Body Fit	10.00am	Virtual Coffee Morning	10.00 am
Mindful Stretching	11.00am	Bollywood Dance with Movema Six week course- week 2	11:00 am	Punch Fit	11.00am	Basic Contemporary Dance with Movema Six week course- week 2	11:00 am	Seated Cardio	11.00am
Super Sing with Liverpool Philharmonic Six week course- week 2	1.00 pm	Introduction to Assertiveness	1.00pm	Creative Writing for Wellbeing with the Playhouse	1.00pm	Drugs Awareness Two week course- week 2	1.00pm	Life Rooms Learning – Side by Side	1.00pm
The 5 Ways to Wellbeing	2.30pm	Exploring Music with Liverpool Philharmonic Six week course-week 2	2.30pm	Musical Connections with Liverpool Philharmonic Six week course- week 2	2.30pm	Confidence Through Drama with the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with the Playhouse Eight week course- week 2	2.30pm