

Monday 25 January		Tuesday 26 January		Wednesday 27 January		Thursday 28 January		Friday 29 January	
Box Fit	10:00am	Virtual Coffee Morning	10.00am	Mindful Stretching	10.00am	Introduction to Anxiety	10:00am	Life Rooms Advisory Group (LRAG)	10.00am
		Let's Dance With Movema	11.00am	The Life Rooms & Ambition Sefton Drop In Session	11:00am	Let's Dance With Movema	11.00am	The January Creative Challenge	11.00am
Introduction to Depression	1:00pm	Core and More	1.00pm	Creative Writing for Wellbeing with Liverpool Everyman & the Playhouse	1.00pm	Virtual Walking Group	1.00pm	BodyFit	1.00pm
Mental Health Awareness	2:30pm	Music Appreciation	2.30pm	Making Music	2.30pm	Confidence Through Drama with Liverpool Everyman & the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with Liverpool Everyman & the Playhouse	2.30pm
Monday 1 February		Tuesday 2 February		Wednesday 3 February		Thursday 4 February		Friday 5 February	
This Week at The Life Rooms and Monday Move It Meeting ID: 981 7590 4562 PASSWORD: Thisweek1!	10.00am	Shared Reading Group	10.00am	Mindful Stretching	10.00am	Time To Talk Virtual Coffee Morning	10:00am	Thinking of Quitting Smoking with Smoke Free Sefton	10.00am
		Let's Dance With Movema: Side By Side Meeting	11.00am	New to the #LifeRoomsOnline drop-in	11:00am	Let's Dance With Movema	11.00am	Body Fit	11.00am
Super Sing with The Liverpool Philharmonic	1.00pm	Core and More	1.00pm	Creative Writing with the Liverpool Everyman & Playhouse	1.00pm	Virtual Walking Group	1.00pm	Learning Disabilities Side by Side Meeting	1.00pm
Mental Health Monday	2:30pm	Exploring Music Through Colours with The Liverpool Philharmonic	2.30pm	Meaningful Connections Through Sounds with The Liverpool Philharmonic	2.30pm	Confidence Through Drama with the Liverpool Everyman & Playhouse	2.30pm	Creating & Sharing Stories with the Liverpool Everyman & Playhouse	2.30pm

[Click here for descriptions of our Live Zoom sessions!](#)