

October 2020 Timetable

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

Monday 19 th October		Tuesday 20 th October		Wednesday 21 st October		Thursday 22 nd October		Friday 23 rd October	
Punch Fit	10.00am	Body Fit	10.00am	Virtual Coffee Morning	10.00am	Introduction to Depression	10.00am	Core Stability	10.00am
Introduction to Super Sing with Liverpool Philharmonic	1.00pm	Introduction to Self Esteem	1.00pm	Mindful Stretching	11.30am	Seated Cardio	1.00pm	Introduction to Anxiety	1.00pm
Introduction to Confidence Building	2.30pm			Creative Writing for Wellbeing with The Playhouse	1.00pm	Confidence Through Drama with the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with the Playhouse	2.30pm
				Introduction to Musical Connections with Liverpool Philharmonic	2.30pm				
Monday 26 th October		Tuesday 27 th October		Wednesday 28 th October		Thursday 29 th October		Friday 30 th October	
Core Stability	10.00am	Punch Fit	10.00am	Virtual Coffee Morning	10.00am	The 5 Ways To Well Being	10.00am	What is Addiction?	10.00am
Introduction to Super Sing with Liverpool Philharmonic	1.00pm	Mental Health Resiliency	1.00pm	Body Fit	11.30pm	Mindful Stretching	1.00pm	Seated Cardio	1.00pm
Introduction to Assertiveness	2.30pm	Introduction to Music Improvisation with Liverpool Philharmonic	2.30pm	Life Rooms Advisory Group	1.00pm	Confidence Through Drama with the Playhouse	2.30pm	Comedy Skills to Boost Self Esteem with the Playhouse	2.30pm
				Creative Writing for Wellbeing with the Playhouse	1.00pm				
				Introduction to Musical Connections with Liverpool Philharmonic	2.30pm				