

	Free wellbeing sessions for anyone in Brent with a long-term condition		10 th October To 15 th December
Group Sessions		Day and time 	Choose your top 3 choices 1,2,3 
Singing		Tuesday 11 to 1pm	
Poetry		Tuesday 1-2.30pm	
Art		Wednesday 9.30-11am	
Gardening		Wednesday 2-4pm	
Walks in London		Thursday 10.30 to 12.30	
Breath and movement		Thursday 1.30 to 2.30pm	
Yoga		Thursday 3-4pm	
Ceramic Art Pottery		Friday 10am to 12pm	
379 High Road Willesden NW10 2JR	Small, safe groups. Volunteers welcome.	To join contact ian@brentmencap.org.uk 020 8451 5278	Each person can join 2 groups.
 Your name –		 Your contact details –	