

	<p style="text-align: center;">Free wellbeing sessions for adults in Brent with a long-term condition Including people with a learning disability</p>		<p style="text-align: center;">9th January to 15th March 2024</p>
<p>Group Sessions</p>		<p>Day and time</p> 	<p>Choose your top 3 choices 1,2,3</p> 
<p>Singing</p>		<p>Tuesday 11 to 1pm Every 2nd week</p>	
<p>Poetry</p>		<p>Tuesday 1-2.30pm</p>	
<p>Art</p>		<p>Wednesday 9.30-11am</p>	
<p>Gardening</p>		<p>Wednesday 2-4pm From February 7th</p>	
<p>Chat Café</p>		<p>Thursday 12 to 1.30pm</p>	
<p>Breath and movement</p>		<p>Thursday 1.30 to 2.30pm</p>	
<p>Yoga</p>		<p>Thursday 3-4pm</p>	
<p>Ceramic Art Pottery</p>		<p>Friday 10am to 12pm</p>	
<p>379 High Road Willesden NW10 2JR</p>	<p>Small, safe groups. Volunteers welcome.</p>	<p>To join contact ian@brentmencap.org.uk 020 8451 5278</p>	<p>Each person can join up to 3 groups</p>
 <p>Your name –</p>		 <p>Your contact details –</p>	

