

	Free wellbeing sessions for adults in Brent with a long-term condition Including people with a learning disability		
Group Sessions		Day and time 	Choose your top 3 choices 1,2,3 
Singing		Tuesday 11 to 1pm Every 2 nd week	
Poetry		Tuesday 1-2.30pm	
Art		Wednesday 9.30-11am	
Gardening		Wednesday 2-4pm	
Chat Café		Thursday 12 to 1.30pm	
Breathe and Movement		Thursday 1.30 to 2.30pm	
Yoga		Thursday 3-4pm	
Music with Royal Philharmonic Orchestra		Thursday 10 to 12pm 12 th September 3 rd October 7 th November 12 th December	
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 up to 3 groups
 Your name –	 Your contact details –		

