



Activity Schedule

Organisation:	ABC Group
Project:	Health Awareness Project

Who / What	When	Where
'Try Something New' – self-defence	10am, Wednesday 4 October	DEF Leisureplex
Creative Spaces – art workshop	10am, Thursday 5 October	DEF Women's Health Centre
'Don't Stress Get Together' (HMBA health information seminar)	Noon, Thursday 5 October	DEF Women's Health Centre
Wellbeing - yoga	10am, Friday 6 October	DEF Community Hall
'Don't Stress Get Together' (HMBA health information seminar)	11.30am, Friday 6 October	DEF Community Hall
'Try Something New' – self-defence	10am, Wednesday 11 October	DEF Leisureplex
Creative Spaces – art workshop	10am, Thursday 12 October	DEF Women's Health Centre
Wellbeing - yoga	10am, Friday 13 October	DEF Community Hall
Walking for Health – group walk and picnic	11.30am, Friday 13 October	DEF Nature Reserve
'Try Something New' – tennis	10am, Wednesday 18 October	DEF Leisureplex
'Mamba Samba' – dance workshop	10am, Thursday 19 October	Mamba Dance Studio
Wellbeing - yoga	10am, Friday 20 October	DEF Community Hall
'Don't Stress Get Together' (HMBA health information seminar)	11.30am, Friday 20 October	DEF Community Hall
'Try Something New' – tennis	10am, Wednesday 25 October	DEF Leisureplex
'Mamba Samba' – dance workshop	10am, Thursday 26 October	Mamba Dance Studio
Wellbeing - yoga	10am, Friday 27 October	DEF Community Hall
Walking for Health – group walk and picnic	11.30am, Friday 27 October	DEF Nature Reserve
'Try Something New' – swimming	10am, Wednesday 1 November	DEF Leisureplex
'Mamba Samba' – dance workshop	10am, Thursday 2 November	Mamba Dance Studio
Wellbeing - yoga	10am, Friday 3 November	DEF Community Hall
'Don't Stress Get Together' (HMBA health information seminar)	11.30am, Friday 3 November	DEF Community Hall
'Try Something New' – swimming	10am, Wednesday 8 November	DEF Leisureplex
'Mamba Samba' – dance workshop	10am, Thursday 9 November	Mamba Dance Studio
Health Awareness Project End Event – Celebration in the Park	11am, Friday 10 November	River Reserve