

Wellbeing Groups Schedule: 29/01/24 – 02/02/24

**Mon**  
29th

**No groups**

**Tue**  
30th

**No groups**

**Wed**  
31st

**No groups**

**Thu**  
1st

**10:30-12:00**

**Singing Back The Memories Sittingbourne**  
Sittingbourne.Me Avenue Theatre

**13:30-15:00**

**Singing Back The Memories Faversham**  
The Alexander Centre

**13:30-15:30**

**Meopham Cafe**  
Meopham Village Hall

**Fri**  
2nd

**11:30-13:00**

**Singing Back The Memories - Swanley**  
St Peter's Community Centre

**14:00-14:45**

**Chairfit**  
Cyclopark