

Wellbeing Groups Schedule: 04/03/24 – 09/03/24

Mon 4th	14:30-16:00	Singing Back The Memories - Northfleet St Botolph's Church Hall	
Tue 5th	10:30-12:30	West Kingsdown Memory Cafe West Kingsdown Village Hall	Speaker: One You, blood pressure checks
	18:30-20:30	Kindred Spirits Cafe Dartford The Dartford Sports Bar, Spital Street	
Wed 6th	10:30-12:30	Swanley Peer Support St Peter's Community Centre	
	13:30-15:30	Dartford Activity Cafe Temple Hill Community Centre	
Thu 7th	10:30-12:00	Singing Back The Memories - Sittingbourne The Avenue Theatre	
	13:30-15:30	Meopham Cafe The Meopham Village Hall	Speaker: One You, importance of exercise
	13:30-15:30	Singing Back The Memories - Faversham The Alexander Centre	
Fri 8th	10:30-12:00	Singing Back The Memories - Dartford Tree Community Centre	
	13:30-15:30	Swanley Cafe St Peter's Community Centre	Speaker: One You, blood pressure checks
	14:00-14:45	Chair Fit Cyclopark	
Sat 8th	10:30-13:30	Easter Extravaganza - Carers Group Chalk Parish Hall	