

Wellbeing Groups Schedule: 09/09/24 – 14/09/24

<p>Mon 9th</p>	<p>13:00-14:00</p>	<p>Cycle For All The Cyclopark, Watling Street, Gravesend</p>
<p>Tue 10th</p>	<p>11:00-12:00</p>	<p>Chair Fit - Dartford Temple Hill Community Centre</p>
	<p>13:30-15:30</p>	<p>Gravesend Walk & Talk Gravesend Promenade Cafe</p>
<p>Wed 11th</p>	<p>10:30-12:00</p>	<p>Gravesend Peer Support (invite only) Safeharbour Memory Wellbeing Centre</p>
	<p>13:00-14:30</p>	<p>Dartford Peer Support Temple Hill Community Centre</p>
<p>Thu 12th</p>	<p>10:30-12:30</p>	<p>Dartford Walk & Talk Dartford Park</p>
<p>Fri 13th</p>	<p>10:30-12:00</p>	<p>Singing Back The Memories - Dartford Tree Community Centre</p>
	<p>13:30-15:30</p>	<p>Swanley Memory Cafe St Peter's Church</p>
	<p>14:00-14:45</p>	<p>Chair Fit Cyclopark</p>
<p>Sat 14th</p>	<p>10:30-12:30</p>	<p>Carers Support Group with Respite Chalk Parish Hall</p>