

ALUNA

at BOTANICAL PLACE

WELLBEING WEEK TIMETABLE

Day	Date	Time	Event / Activity	Location
Wed	10th June	2pm	<i>Nutritionist talk</i> Simple ways to get your energy back - Karolina Buchling	Community Lounge
Fri	19th June	10.30am	<i>Dietitian Talk</i> Eating for better Breathing	Community Lounge
Mon	22nd June	10.30am 2.30pm	<i>All about Hearing</i> Symphony Hearing specialists Informative talk <i>Age Uk</i> Services & Planning for your future informative talk	Community Lounge
Tue	23rd June	2pm	<i>Afternoon Quiz</i> Prizes up for grabs Joined by Care provider Helping Hands	Community Lounge
Wed	24th June	11.15am - 4pm	<i>Workout Wednesday</i> Various classes to join -Tea or Coffee to finish from Yarrow	Aluna / Fitness Studio
Thurs	25th June	2.30pm	<i>Stay Safe this summer</i> Fall Prevention Talk	Community Lounge
Fri	26th June	1.30pm	<i>"Relax on the beach" theme & Learn to paint along with others</i> With Art Therapist Jo Alam - refreshments served.	Community Lounge

To book a space on any of the above please email:
aluna.botanicalplace@rvg.co.uk
or call 01932 393573