

Come and Join *The Happiness Hub* and beat Blue Monday

'Blue Monday' is on the 16th of January 2023 but we are fighting back against the January blues by taking part in activities every day this week. We would love for you to come and join us!

Wednesday 18th

Join a Fit for All class with Emma 9:45-10:45 Priestwood Community Centre RG42 ITU.
Or with Rachel 11:30-12:30 at Owlsmoor Community Centre GU47 0TF

Monday 16th

Come along and say hello as we will be at the Community Cart in The Lexicon, opposite Waterstones 10:00-2:00. Here you can get information on services and activities in your area.

Thursday 19th

Join Aimee, Holly and Sport in Mind for a walk at South Hill Park 2:00-3:00. Meet outside the Art Centre RG12 7PA. Or try a Seated Exercise Class with Dee at Ascot Day Centre SL5 9PD 1:30-2:45

Tuesday 17th

Why not join Rehana at the Senior Swim Session at Bracknell Leisure Centre RG12 9SE 2:30-3:30
Or Dee at Knit and Natter at Crowthorne Library RG45 7AT 2:00-3:00

Friday 20th

Join Kara at Sandhurst Health Walk 9:30-10:30 meet at Sandhurst Memorial Park. Or Tai-Chi with Lisa at the Morgan Centre, RG45 7LD 12:00-1:00. Healthier Habits for the New Year at Easthampstead Baptist Church 2:00-3:30
Call 07949393434 to book a place



HAPPINESS HUB
Supporting your mental health & wellbeing