

Free Wellbeing Sessions

FOR ADULTS IN BRENT WITH A LEARNING DISABILITY

	Group Sessions	Day and Time
	Gentle Stretching	Tuesday - 09:30AM - 10:30AM
	Singing	Tuesday - 11:00AM - 12:30PM
	Storytelling	Tuesday - 01:00PM - 02:30PM
	Easy Read Group	Tuesday - 03:00PM - 05:00PM
	Art Group	Wednesday - 09:30AM - 11:00AM
	Gardening	Wednesday - 02:00PM - 04:00PM
	Art Group	Thursday - 11:00AM - 12:30PM
	Breathe and Movement	Thursday - 01:30PM - 02:30PM
	Yoga	Thursday - 03:00PM - 04:00PM
	Music with Royal Philharmonic Orchestra	Thursday - 10:00AM - 12:00PM 13 th February 19 th March 14 th May 18 th June 16 th July

 379 High Road, Willesden NW10 2JR



Small, safe groups.
Volunteers welcome!



Contact Ian first at
ian@brentmencap.org.uk



or call 020 8451 5278