



# Free Wellbeing Sessions

FOR ADULTS IN BRENT WITH A LEARNING DISABILITY

	Group Sessions	Day and Time
	Singing	Tuesday - 11AM to 1PM (Every 2nd week)
	Poetry	Tuesday - 1 to 2.30PM
	Art	Wednesday - 09.30AM to 11AM
	Gardening	Wednesday - 2 to 4PM
	Art Group	Thursday - 11 to 12.30PM
	Breathe and Movement	Thursday - 1.30 to 2.30PM
	Yoga	Thursday - 3 to 4PM
	Music with Royal Philharmonic Orchestra	Friday - 10AM to 12PM



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Small, safe groups.  
Volunteers welcome!



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