



Group Activities - September 2023

Wednesday 6th September **Relaxation** 2.30pm-3.30pm

Thursday 7th September **Mindfulness** 11.30am-12.30pm

Thursday 7th September **Chair Yoga** 2pm-3pm

Thursday 14th September **Chair Yoga** 2pm-3pm

Wednesday 20th September **Closer to Nature*** 1.15pm

Thursday 21st September **Chair Yoga** 2pm-3pm

Thursday 28th September **Chair Yoga** 2pm-3pm

Friday 29th September **Closer to Nature*** 9.30am

Wednesday 4th October **Relaxation** 2.30pm-3.30pm

Thursday 5th October **Chair Yoga** 2pm-3pm

**The Bracken Singers meet every Tuesday at 10am -12 noon
(Meet @ Llanyre Church Hall)**

- **4th & 18th September Knighton HUB - Community Centre**
- **8th September Llanidloes HUB - Penrallt Centre, Llanidloes Hospital**
- **20th September Llanwrtyd Wells HUB - Doctors Surgery**

For more information about our activities or you are would like to attend one of the HUBs, please speak to one of our nurses in person or on 01597 823646

***BOOKING ESSENTIAL - please call the Bracken Trust on 01597 823646 to book your place on Nature Group**