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WAYS TO TRY SOMETHING NEW AND MAKE LASTING FRIENDSHIPS

July 12th Mindfulness Dip at Colwick Country Park 12-1pm

July 15th Mindfulness Dip at Colwick Country Park 11:30am-12:30pm

August 24th Paddle-boarding Taster Session 3-4pm



September 19th Water Colour Painting at Rushcliffe Country Park 12-1pm

October 11th A Visit to The Dice Cup Board Game Café 12-1pm

November 8th Trip to East Bridgford Garden Centre 11:30-3:00pm



December 13th West Bridgford Community Christmas Lunch 12:30-2:30pm

January 10th Go at **CANCELLED** Session 10:30-11:30am

February 13th Breathwork Taster Session at Rushcliffe Country Park 12-1pm



TRY SOMETHING NEW March 13th How To Eat For Better Health, A Lifestyle Medicine Workshop 2:00-3:30pm

April 10th Pilates Taster Session at Rushcliffe Arena 11am-12pm

May 8th Walking Football Taster Session with Notts County Foundation 12:00-1:30pm

For more information:

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rushcliffehealth.org/friendship-calendars



Rushcliffe Primary Care Network

