

<p>Monday 2<sup>nd</sup> March <b>Age UK Connect - Community Support</b> 10:00-12:00 WB Young People Centre Free</p> 	<p>Monday 2<sup>nd</sup> March <b>Cook &amp; Connect</b> 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 2<sup>nd</sup> March <b>Yoga &amp; Sound Workshop</b> 10:30 - 12:00 WB Young People Centre £5 plus booking fees</p> 	<p>Monday 2<sup>nd</sup> March <b>Wellbeing Walk at FarmEco</b> 10:00-12:00 FarmEco, Screveton Free</p> 	<p>Monday 2<sup>nd</sup> March <b>Next Steps Support Group</b> 12:30-13:45 WB Young People Centre Free</p> 	<p>Monday 2<sup>nd</sup> March <b>Wellbeing in the Home</b> 12:30-13:30 WB Young People Centre Free</p> 	<p>Monday 2<sup>nd</sup> March <b>Mindful Movement &amp; Breath</b> 14:00-15:00 WB Young People Centre £4 plus booking fees</p>
<p>Monday 9<sup>th</sup> March <b>Cook &amp; Connect</b> 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 9<sup>th</sup> March <b>Pain Café - Nutrition with Pain</b> 12:30-13:30 WB Young People Centre Free</p> 	<p>Monday 9<sup>th</sup> March <b>Wellbeing through Art</b> 13:00-15:00 WB Young People Centre £5 plus booking fees</p> 	<p>Monday 9<sup>th</sup> March <b>Meditation for Beginners with Insight Timer</b> 14:00-15:00 WB Young People Centre Free</p> 	<p>Tuesday 10<sup>th</sup> March <b>Drop-in Wellbeing Support</b> 12:00-15:00 Orchard Surgery, Kegworth Free</p>	<p>Wednesday 11<sup>th</sup> March <b>Move It or Lose It!</b> 13:30-12:30 The Old School, Cropwell Bishop Free</p> 	<p>Friday 13<sup>th</sup> March <b>East Leake Community Advice Hub</b> 10:30 - 12:30 East Leake Village Hall Free</p> 
<p>Saturday 14<sup>th</sup> March <b>Punch</b> 19:30 - 22:00 Nottingham Playhouse £10 plus bookings</p> 	<p>Monday 16<sup>th</sup> March <b>NHS App 1-1 Support Session</b> 10:00 - 13:00 WB Young People Centre Free</p> 	<p>Monday 16<sup>th</sup> March <b>Age UK Connect - Benefits Advice</b> 10:00-12:00 WB Young People Centre Free</p> 	<p>Monday 16<sup>th</sup> March <b>Cook &amp; Connect</b> 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 16<sup>th</sup> March <b>Community Book Club - Project Hail Mary</b> 11:00-12:00 WB Young People Centre Free</p> 	<p>Monday 16<sup>th</sup> March <b>Next Steps Support Group</b> 12:30-13:45 WB Young People Centre Free</p> 	<p>Monday 16<sup>th</sup> March <b>Pilates</b> 12:30-1:30 WB Young People Centre £4 plus booking fees</p>
<p>Monday 16<sup>th</sup> March <b>Easter Card Making</b> 13:00-14:30 WB Young People Centre Free</p> 	<p>Monday 16<sup>th</sup> March <b>Yin Yoga</b> 14:00-15:00 WB Young People Centre £4 plus booking fees</p> 	<p>Tuesday 17<sup>th</sup> March <b>Wellbeing Walk with Rushcliffe Ramblers</b> 11:15-12:30 Gresham Park Road, West Bridgford Free</p> 	<p>Wednesday 18<sup>th</sup> March <b>Ruddington Allotment Group</b> 13:00-15:00 69 Wilford Rd/St Peter's Rooms, Ruddington Free</p> 	<p>Thursday 19<sup>th</sup> March <b>Joyful Dance with IMPACD</b> 11:30-13:00 St Paul's Church, West Bridgford Free</p> 	<p>Saturday 21<sup>st</sup> March <b>Menopause Café – Bingham</b> 10:00-12:00 Long Arce Arts Free</p> 	<p>Monday 23<sup>rd</sup> March <b>Cook &amp; Connect</b> 10:30-12:30 WB Young People Centre £3 plus booking fees</p>
<p>Monday 23<sup>rd</sup> March <b>Yoga &amp; Sound Workshop</b> 10:30 - 12:00 WB Young People Centre £5 plus booking fees</p> 	<p>Monday 23<sup>rd</sup> March <b>Dr Meg Pryor – Nutrition and Health</b> 12:30-13:45 WB Young People Centre £3 plus booking fee</p> 	<p>Monday 23<sup>rd</sup> March <b>Pilates</b> 12:30-1:30 WB Young People Centre £4 plus booking fees</p> 	<p>Monday 23<sup>rd</sup> March <b>Mindful Movement &amp; Breath</b> 14:00-15:00 WB Young People Centre £4 plus booking fees</p> 	<p>Monday 23<sup>rd</sup> March <b>Macramé Jam Jar Holder</b> 14:00-15:00 WB Young People Centre Free</p> 	<p>Friday 27<sup>th</sup> March <b>Wellbeing Walk with Move &amp; Mingle</b> 14:00-15:15 Cotgrave Country Park Free</p> 	<p><b>To book visit our page on <a href="#">Eventbrite</a> or scan the QR code</b></p> 