

<p>Monday 2nd March Age UK Connect - Community Support 10:00-12:00 WB Young People Centre Free</p> 	<p>Monday 2nd March Cook & Connect 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 2nd March Yoga & Sound Workshop 10:30 - 12:00 WB Young People Centre £5 plus booking fees</p> 	<p>Monday 2nd March Next Steps Support Group 12:30-13:45 WB Young People Centre Free</p> 	<p>Monday 2nd March Wellbeing in the Home 12:30-13:30 WB Young People Centre Free</p> 	<p>Monday 2nd March Managing Worry & Overthinking 14:00-15:00 WB Young People Centre Free</p> 	<p>Monday 2nd March Mindful Movement & Breath 14:00-15:00 WB Young People Centre £4 plus booking fees</p>
<p>Monday 9th March Cook & Connect 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 9th March Meditation for Beginners with Insight Timer 10:30-11:30 WB Young People Centre Free</p> 	<p>Monday 9th March Pain Café - Nutrition with Pain 12:30-13:30 WB Young People Centre Free</p> 	<p>Monday 9th March Wellbeing through Art 13:00-15:00 WB Young People Centre £5 plus booking fees</p> 	<p>Monday 9th March Yin Yoga 14:00-15:00 WB Young People Centre £4 plus booking fees</p> 	<p>Wednesday 11th March Move It or Lose It! 13:30-12:30 The Old School, Cropwell Bishop Free</p> 	<p>Saturday 14th March Punch 19:30 - 22:00 Nottingham Playhouse £10 plus bookings</p>
<p>Monday 16th March NHS App 1-1 Support Session 10:00 - 13:00 WB Young People Centre Free</p> 	<p>Monday 16th March Age UK Connect - Benefits Advice 10:00-12:00 WB Young People Centre Free</p> 	<p>Monday 16th March Cook & Connect 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 16th March Community Book Club - Project Hail Mary 11:00-12:00 WB Young People Centre Free</p> 	<p>Monday 16th March Next Steps Support Group 12:30-13:45 WB Young People Centre Free</p> 	<p>Monday 16th March Pilates 12:30-1:30 WB Young People Centre £4 plus booking fees</p> 	<p>Monday 16th March Easter Card Making 13:00-14:30 WB Young People Centre Free</p>
<p>Monday 16th March Yin Yoga 14:00-15:00 WB Young People Centre £4 plus booking fees</p> 	<p>Tuesday 17th March Wellbeing Walk with Rushcliffe Ramblers 11:15-12:30 Gresham Park Road, West Bridgford Free</p> 	<p>Wednesday 18th March Ruddington Allotment Group 13:00-15:00 69 Wilford Rd/St Peter's Rooms, Ruddington Free</p> 	<p>Thursday 19th March Joyful Dance with IMPACD 11:30-13:00 St Paul's Church, West Bridgford Free</p> 	<p>Saturday 21st March Menopause Café - Bingham 10:00-12:00 Long Arce Arts Free</p> 	<p>Monday 23rd March Cook & Connect 10:30-12:30 WB Young People Centre £3 plus booking fees</p> 	<p>Monday 23rd March Yoga & Sound Workshop 10:30 - 12:00 WB Young People Centre £5 plus booking fees</p>
<p>Monday 23rd March Dr Meg Pryor - Nutrition and Health 12:30-13:45 WB Young People Centre £3 plus booking fee</p> 	<p>Monday 23rd March Pilates 12:30-1:30 WB Young People Centre £4 plus booking fees</p> 	<p>Monday 23rd March Mindful Movement & Breath 14:00-15:00 WB Young People Centre £4 plus booking fees</p> 	<p>Monday 23rd March Macramé Jam Jar Holder 14:00-15:00 WB Young People Centre Free</p> 	<p>Thursday 26th March Wellbeing Walk at FarmEco 10:00-12:00 FarmEco, Screveton Free</p> 	<p>Friday 27th March Wellbeing Walk with Move & Mingle 14:00-15:15 Cotgrave Country Park Free</p>	<p>To book visit our page on Eventbrite or scan the QR code</p> 

