



## Wellbeing Activities, July 2023

All wellbeing activities are FREE and take place at: St George's Theatre Café, Great Yarmouth

- Saturday 1st July 1pm – 3pm** - Massage Therapy
- Monday 3rd July 1pm – 3pm** - Mindful Monday workshop
- Saturday 8th July 1pm – 3pm** - Massage Therapy
- Monday 10th July 1pm – 3pm** - Menopause Meetup
- Saturday 15th July 1pm – 3pm** - Massage Therapy
- Monday 17th July 1.30 – 3pm** - Wastesmiths Workshop
- Saturday 22nd July 1pm – 3pm** - Massage Therapy
- Monday 24th July 1pm – 3pm** - Craft with Anastacia Tohill
- Saturday 29th July 1pm – 3pm** - Massage Therapy
- Monday 31st July 1pm – 3pm** - Craft with Anastacia Tohill

**For more information or to book your place please:**

**Visit:** [www.norfolkandwaveneymind.org.uk/community-support-groups](http://www.norfolkandwaveneymind.org.uk/community-support-groups)

**Email:** [paola.colombo@norfolkandwaveneymind.org.uk](mailto:paola.colombo@norfolkandwaveneymind.org.uk)

**Call:** 0300 330 5488

Registered charity (no. 1118449)

The logo for St George's Theatre, featuring the words "St George's" in a large, white, serif font, with "THEATRE" in a smaller, white, sans-serif font below it, all set against a red rectangular background.