

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	Sep 30	1	2	3	4
			10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		1:30 PM - 3:30 PM Board Games
			1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
			7:30 PM - 8:30 PM Vibe Dance Fitness			
5	6	7	8	9	10	11
9:15 AM - 10:15 AM All About Pilates	9:30 AM - 11:00 AM Veteran's Breakfast	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	1:30 PM - 3:00 PM Coffee, Cake & Company	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
4:00 PM - 5:00 PM Diva Dots Dance	6:00 PM - 7:00 PM Yoga and Relaxation		7:30 PM - 8:30 PM Vibe Dance Fitness	6:00 PM - 7:30 PM Shutterbugs-Photography Club		
5:30 PM - 6:45 PM Yoga with Susan	7:30 PM - 8:30 PM Flourish Finding You					
12	13	14	15	16	17	18
9:15 AM - 10:15 AM All About Pilates	12:00 PM - 1:00 PM Yarm Lunch Club	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	CLOSED FOR YARM FAIR 			1:30 PM - 3:30 PM Board Games
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	2:30 PM - 4:30 PM Yoga for Cancer relaxing Mini Retreat	3:00 PM - 5:00 PM Creative Art for Wellness				
4:00 PM - 5:00 PM Diva Dots Dance	6:00 PM - 7:00 PM Yoga and Relaxation	7:00 PM - 8:00 PM Sound Bath for Healing & Relaxation				
5:30 PM - 6:45 PM Yoga with Susan						
19	20	21	22	23	24	25
10:45 AM - 12:15 PM Gentle Exercise & Relaxation	9:30 AM - 11:00 AM Veteran's Breakfast	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	9:30 AM - 11:00 AM Parent & Toddler Playgroup		2:00 PM - 4:00 PM Mens 18-35 Wellness Focus Group
12:30 PM - 2:30 PM Soup & Chat Dementia Cafe & Advice Service	11:45 AM - 1:15 PM Red Balloons Walk & Talk	3:30 PM - 4:45 PM Red Balloons Womens Peer Support Group	1:00 PM - 3:00 PM Craft & Chat	3:30 PM - 5:30 PM Yarm Wellness Community Choir		
4:00 PM - 5:00 PM Diva Dots Dance	1:30 PM - 3:00 PM Coffee, Cake & Company		7:30 PM - 8:30 PM Vibe Dance Fitness	6:00 PM - 7:30 PM Shutterbugs-Photography Club		
5:30 PM - 6:45 PM Yoga with Susan	6:00 PM - 7:00 PM Yoga and Relaxation					
7:30 PM - 9:30 PM InkWell Writing Group	7:30 PM - 8:30 PM Flourish Finding You					
26	27	28	29	30	31	Nov 1
4:00 PM - 5:00 PM Diva Dots Dance	12:00 PM - 1:00 PM Yarm Lunch Club	1:00 PM - 2:30 PM 'Manter' Men's Wellness Group	10:00 AM - 11:15 AM Yoga for Mid-Life & Beyond	11:30 AM - 1:00 PM Pamper & Chat		
5:30 PM - 6:45 PM Yoga with Susan	2:30 PM - 4:30 PM Yoga for Cancer relaxing Mini Retreat	3:00 PM - 5:00 PM Creative Art for Wellness	1:00 PM - 3:00 PM Craft & Chat			
	7:30 PM - 8:30 PM Flourish Finding You	7:00 PM - 8:00 PM WellRead Book Club	7:30 PM - 8:30 PM Vibe Dance Fitness			
2	3	High Church Wynd Yarm TS15 9BQ  yarmwellness  wellnessyarm yarmwellness@gmail.com www.yarmwellness.co.uk  <i>Yarm Wellness is a registered charity 1197256</i>				

Yarm Wellness Give Back & Isolation Partnerships [Drop In - no charge except *]		
Creative Art for Wellness * <i>* £2 suggested donation</i> Parent & Toddler Playgroup * <i>* £1 per child suggested donation</i> Shutterbugs- Photo Club * <i>* £2 suggested donation</i>	Coffee, Cake & Chat Veteran's Breakfast Yarm Wellness High Church Wynd yarmwellness@gmail.com Yarm TS15 9BQ www.yarmwellness.co.uk	Craft & Chat [Pre Book] Sunday Board Games * <i>* £2 suggested donation</i> Gardening Group
WellRead Book Club * <i>* £2 charge to provider</i> Suzi Hunton pidwigeon@aol.com	Yarm Wellness Community Choir * <i>* £3 suggested donation</i> Tees Valley Music Service - 01642 603 600 TVRYork@tvms.org.uk	Flourish Finding You [Pre Book] Wellbeing & Fitness session for girls, 8- 18 years old Karina Rose karinarose90@googlemail.com
'Manter' Men's Wellness Group Roy Willis roywillis@icloud.com	Yoga for Cancer Mini Retreat [Pre Book] Nicky Skinner 07398 757 262 dragonflyyoga1@outlook.com	Yarm Lunch Club [Pre Book *] <i>* charge set by provider</i> Carol Hyde & Debs Batley yarmclubclub@gmail.com www.facebook.com/yarmclubclub
18-35 Mens Wellbeing Focus Group Red Balloons Partnership admin@redballoons.co.uk 07871 658 157	Pamper & Chat [Pre Book] Beauty and Wellbeing session for women over 50 Jean Lister yarmwellness@gmail.com	
Charity Partnerships [Drop In - No Charge]		
Soup & Chat Dementia Café & Advice Service (For those with Dementia and their friends) Teesside Dementia Link Services (TDLS)  07722 958 610 tdls2016@virginmedia.com tdls2016.org	Red Balloons Women's Peer Support Red Balloons Walk & Talk Kylie Terry 07871 658 157 kylie@redballoons.co.uk 	
Mind & Body Workshops [Pre Book - charges set by provider]		
All about Pilates Joanna Gibson 07572 539 213 allaboutpilates@hotmail.com	Gentle Exercise & Relaxation Phillipa McAuley 07989 094 235 sadbergehealing@gmail.com www.sadbergehealing.co.uk	
Yoga for Mid-Life & Beyond Yoga with Susan Susan Lodge 07984 693 539 yogasusanlodge@outlook.com www.yogaviveka.uk	Sound Bath for Healing & Relaxation Trulyred Sound Healing- Emily Treadgold 07747 561 917 trulyredsoundhealing@gmail.com	
Diva Dots Dance Diva Dance- Rachael Bramley 07908 253 298 rbrunton83@yahoo.co.uk	Yoga and Relaxation Your Yoga Journey- Claire Lloyd 07734 858 485 claire230582@googlemail.com	
Vibe Dance Fitness Vibe Dance Fitness- Matt Campbell Matt@vibedancefitness.co.uk 07751 206 026 www.vibedancefitness.co.uk	InkWell Writing Group Suzanne Hunton pidwigeon@aol.com	
<i>We are the community supporting the community by inspiring hope and positive well-being through community led activities</i>	 yarmwellness  wellnessyarm	 <i>Yarm Wellness is a registered charity 1197256</i>