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|  | **January 2019 - Headway Wearside** | | **For further information contact office/ Kim 0191 522 7113** | | | |
| **Monday** | **Tuesday** | | **Wednesday** | **Thursday** | **Friday** |
| **AM** | **7th GYM at**  **Sunderland University**  **10- 12 noon** | **8th GYM at**  **Sunderland University**  **10- 12 noon** | | 9th | **10th GYM at**  **Sunderland University,**  **City Space 10.30 am -12 noon** | 11th  Time for Change Event.  Sign up and tell us your views on the Time for change Report.  10- 12 noon. |
|  |  | **Social Session – Art with Julie, planning session.** | |  | Wearside Stroke Group  1-3.30 pm |
|  |  |  | |  |  |  |
| **A.M** | 14th **GYM at**  **Sunderland University**  **10- 12 noon** | **15th GYM at**  **Sunderland University**  **10- 12 noon** | | 16 | **17 GYM at**  **Sunderland University**  **10.30 am -12 noon** | 18th |
| **PM** | Relaxation with Klaire  group session, come along and learn about oils, relaxing and much more  1-3 pm | **Social Session – Art with Julie** | |  |  |
|  |  |  | |  |  |  |
| **A.M** | **21st**   **GYM at**  **Sunderland University**  **10- 12 noon** | **22nd GYM at**  **Sunderland University**  **10- 12 noon** | | 23rd CABIS Support Group with Charlotte 10.30 am | 24th **GYM**  **Sunderland University**  **City Space 10.00 am -12 noon** | 25th |
|  | **Social Session – Art with Julie** | | Wearside Stroke Group 1.30 pm  Burns Night social 3.30 – 5.30 pm  contact the office for details |
|  |  |  | |  |  |  |
| **AM** | **28th**  **GYM at**  **Sunderland University**  **10- 12 noon** | **29th GYM at**  **Sunderland University**  **10- 12 noon** | |  | **31st GYM at**  **Sunderland University**  **10- 12 noon** |  |
| **PM** | Relaxation with Klaire  group session, come along and learn about oils, relaxing and much more  1-3 pm | **Social Session – Art with Julie** | | 30th |  |  |