



Older Women Day Centre Programme

September 2018

First pick up: Easton

DATE		ACTIVITIES	
03/09/18	Mon	Exercise Oasis Talking Therapy registration	
04/09/18	Tues Outdoor	Shopping at Tesco Eastgate Store	
10/09/18	Mon	Exercise Oasis Talking Therapy Low Mood workshop	
11/09/18	Tues Indoor	Shopping at Lidl Exercise	
17/09/18	Mon	Exercise Oasis Talking Therapy Anxiety & Panic Management workshop	
18/09/18	Tues Outdoor	Exercise Conversations	
24/09/18	Mon	Exercise Oasis Talking Therapy Self Esteem & Assertiveness workshop	
25/09/18	Tues Indoor	Shopping at Easton Sweet Mart Exercise	

Programme might be subject to changes Dhek Bhal: Telephone (0117) 9146671