
































JANUARY 2024

Wellbeing Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Eat your five a day</i> 	2 Menopause Support Clinic Mental Health Support Clinic 	3 Wednesday Wellbeing Clinic  Whitley Wednesday mental health clinic 	4 Mental Health Support Clinic 	5 Mental Health Support Clinic  Online Fitness Friday  1pm-1.20pm
8 Menopause Support Clinic Mental Health Support Clinic on teams 	9 Menopause Support Clinic Mental Health Support Clinic 	10 <i>Drop in at the depo from CGL 12-4pm</i> Whitley Wednesday mental health clinic 	11 Mental Health Support Clinic 	12 Mental Health Support Clinic  Online Fitness Friday  1pm-1.20pm
15 Menopause Support Clinic Mental Health Support Clinic on teams  2pm CGL WEBINAR ADDICTION	16 Menopause Support Clinic Mental Health Support Clinic 	17 Wednesday Wellbeing Clinic  Whitley Wednesday mental health clinic 	18 <i>Book U ok talk?</i>  Be Healthy Be Well Newsletter Mental Health Support Clinic 	19 Mental Health Support Clinic  Online Fitness Friday  1pm-1.20pm
22 Menopause Support Clinic Mental Health Support Clinic on teams 	23 Menopause Support Clinic Mental Health Support Clinic 	24 Wednesday Wellbeing Clinic  Whitley Wednesday mental health clinic 	25 Mental Health Support Clinic 	26 Mental Health Support Clinic  Online Fitness Friday  1pm-1.20pm
29 Menopause Support Clinic Mental Health Support Clinic on teams 	30 Menopause Support Clinic Mental Health Support Clinic 	31 Wednesday Wellbeing Clinic  Whitley Wednesday mental health clinic 