






Women's Wellbeing Hub

Current timetable Well-being Sessions 4th November – December 2nd 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9:30am Body weight Dumb-bell women's workout Wake Up with Kam and join her for a Monday morning full body conditioning session – 45 minute via Zoom: email Kamaljit@acpgroup.org.uk</p> 	<p>9:30am Women's Yoga A Tuesday morning rise and flow stretch class with Kam suitable for all levels 60 minutes : email Kamaljit@acpgroup.org.uk</p> 	<p>9:15am Stretch, Breath and Relax with Laura on ACP Facebook Page Acp.birmingham</p> 	<p>10:45am Journal and chat in our virtual coffee morning bring a journal, or something to write in and your favourite brew. Self-care tips for the mental and emotional health. Email Kamaljit@acpgroup.org.uk</p> 	<p>10:30am Bhangracise with Jasu Friday mornings never got better dance into your day, stay active and get fit – 60 minutes via Zoom email Jasu1@hotmail.co.uk</p> 

This is our current provision of active sessions via zoom and this will remain during national lockdown and we will keep you updated regularly of any changes. You will need to have an email and access to Zoom to be able to access the above. We look forward to seeing you.

Please note that due to the current pandemic there may be sudden changes to this schedule, you can call the office 0121 687 6767 or join our What's App Community Group for regular updates.