

August 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113			
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	6 <sup>th</sup> GYM at Sunderland University 10- 12 noon	7 <sup>th</sup> GYM at Sunderland University 10- 12 noon	8 <sup>th</sup>	9 <sup>th</sup> GYM at Sunderland University, City Space 10.30 am -12 noon	
		Social session- Art with Julie		Wearside Stroke Group	
A.M	13 <sup>th</sup> GYM at Sunderland University 10- 12 noon	14 <sup>th</sup> GYM at Sunderland University 10- 12 noon	15 <sup>th</sup>	16 <sup>th</sup> GYM at Sunderland University 10.30 am -12 noon	
PM		Social Session – Art with Julie			
A.M	20 <sup>th</sup> GYM at Sunderland University 10- 12 noon	21 <sup>st</sup> GYM at Sunderland University 10- 12 noon	22 <sup>nd</sup> CABIS Peer Support with Charlotte	23 <sup>rd</sup> GYM Sunderland University City Space 10.00 am -12 noon	
PM		No Art Group		Wearside Stroke Group	
A.M	27 <sup>th</sup> GYM at Sunderland University 10- 12 noon	28 <sup>th</sup> GYM at Sunderland University 10- 12 noon	29 <sup>th</sup>	20 <sup>th</sup> GYM Sunderland University City Space 10.00 am -12 noon	
PM		No Art Group			

Sessions may be subject to change.

Watch out for our new Tennis sessions and Headway Wearside Social NEWS Group starting in September. If you would like to know more, please speak to Kim on 0191 522 7113