

	July 2018 - Headway Wearside		For further information contact office/ Kim 0191 522 7113		
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	2nd GYM at Sunderland University 10- 12 noon	3rd GYM at Sunderland University 10- 12 noon	4th	5th GYM at Sunderland University, City Space 10.30 am -12 noon	6th Annual General Meeting 12noon – 2 pm
	Relaxation with Klaire 1.15 start Book an appointment	Social session- Art with Julie			
A.M	9th GYM at Sunderland University 10- 12 noon	10th GYM at Sunderland University 10- 12 noon	11th	12th GYM at Sunderland University 10.30 am -12 noon	13th
PM		Social Session – Art with Julie		Wearside Stroke Group	
A.M	16th	17th GYM at Sunderland University 10- 12 noon	18th CABIS Peer Support with Charlotte	19th GYM Sunderland University City Space 10.00 am -12 noon	20th
PM	Relaxation with Klaire 1.15 start Book an Appointment	Social session- Art with Julie			
A.M	23rd GYM at Sunderland University 10- 12 noon	24th GYM at Sunderland University 10- 12 noon	25th	26th GYM Sunderland University City Space 10.00 am -12 noon	27th
PM		Social session- Art with Julie		Wearside Stroke Group  Social Afternoon /planning Hastings Hill Pub Sunderland SR4 9LP 4.30 pm	
AM	30th GYM at Sunderland University 10- 12 noon	31st GYM at Sunderland University 10- 12 noon	1st	2nd GYM at Sunderland University 10- 12 noon	3rd
PM	Relaxation with Klaire 1.15 start	Social Session – Art with Julie			