

	March 2019 - Headway Wearside		For further information contact office/ Kim 0191 522 7113		
	Monday	Tuesday	Wednesday	Thursday	Friday
AM	4th GYM at Sunderland University 10- 12 noon	5th GYM at Sunderland University 10- 12 noon	6th	7th GYM at Sunderland University, City Space 10.30 am -12 noon	8th
		Social Session – Art with Julie, Celebrate Chinese New year		Wearside Stroke Group 1-3.30 pm	
A.M	11th GYM at Sunderland University 10- 12 noon	12th GYM at Sunderland University 10- 12 noon	13 <sup>th</sup>	14 GYM at Sunderland University 10.30 am -12 noon	15th
PM		Social Session Art with Julie			
A.M	18th GYM at Sunderland University 10- 12 noon	19th GYM at Sunderland University 10- 12 noon	20th CABIS Support Group with Charlotte 10.30 am	21st GYM Sunderland University City Space 10.00 am -12 noon	22 <sup>nd</sup> Look ahead in the North . Meet at 9.45 at the office if you have booked a place
		NO ART SESSION		Wearside Stroke Group 1.30 pm	
AM	25th GYM at Sunderland University 10- 12 noon	26th GYM at Sunderland University 10- 12 noon	27th	28th GYM at Sunderland University 10- 12 noon	
PM		Social Session Art with Julie			