

# INCLUSION GLOUCESTERSHIRE

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# WOMENS WELLBEING HUB

## Gloucester

# TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							

**APRIL 2025**

Date	Time	Activity	Information
<p>Wednes- day 2nd April</p>	<p><b>10:30</b></p> <p>TO</p> <p><b>12:30</b></p>		<p><b>EID PARTY</b> Bring and share . Bring a dish of your choice Food must be halal or vegetarian Or Vegan</p>
<p>Wednes- day 9th April</p>	<p><b>10:30</b></p> <p>TO</p> <p><b>12:30</b></p>		<p><b>Chair Yoga</b> With <b>Alma Jose</b></p>
<p>Wednes- day 16th April</p>	<p><b>10:30</b></p> <p>TO</p> <p><b>12:30</b></p>		<p><b>Chair Yoga</b> With <b>Alma Jose</b></p>
<p>Wednes- day 23rd April</p>	<p><b>10:30</b></p> <p>TO</p> <p><b>12:30</b></p>		<p><b>Chair Yoga</b> With <b>Alma Jose</b></p>
<p>Wednes- day 30th April</p>	<p><b>10:30</b></p> <p>TO</p> <p><b>12:30</b></p>		<p><b>Louise Worgan - Health Check</b></p>

**Womens Wellbeing Hub**

**Room 2**

**Friendship Café**

**Barton Street**

**Gloucester**

**Wednesdays**

**10.30 to 12.30**

**Zareen Ahmed**

**Hub Co-Ordinator**

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