

# INCLUSION GLOUCESTERSHIRE

bigger dreams • better lives • brighter futures

## WOMENS WELLBEING HUB

### Gloucester

## TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
AFTERNOON							
EVENING							

**SEPTEMBER 2025**

Date	TIME	Activity	Information
<b>Wednesday</b> <b>10th</b> <b>September</b>  <b>Room 2</b>	<div>10:30</div> <div>TO</div> <div>12:30</div>		<b>HEALTH INFORMATION</b> Learn about how to look after your liver!  Katie Hayward will talk about the liver, and the many ways it keeps us healthy.
<b>Wednesday</b> <b>17th</b> <b>September</b>  <b>Room 2</b>	<div>10:30</div> <div>TO</div> <div>12:30</div>		<b>HEALTH INFORMATION</b> Anita Pope & Amy Aitken will join us to explain how we can apply for care and support in way that meets our needs.  The aim is to do this by bringing together NHS, local authority, and voluntary sector partners
<b>Wednesday</b> <b>24th</b> <b>September</b>  <b>Room 2</b>	<div>10:30</div> <div>TO</div> <div>12:30</div>		<b>QI GONG</b> Ancient Chinese exercise that combines movement, breathing and meditation

**Womens Wellbeing Hub  
Room 2  
Friendship Café  
Barton Street**

**Wednesdays**

**10.30 to 12.30**

**Zareen Ahmed  
Hub Co-Ordinator  
Tel        07525848499  
Office : 01452 234003  
zareena@inclusion-**