



WORKSHOP WEDNESDAYS

January 8, - March 25, 2020

9:30 – 11:30 a.m.

Shelldale Gym

<i>Date</i>	<i>Workshop</i>
8 th January	Sewing and Knitting
15 th January	Cooking and Nutrition
22 nd January	Pelvic Physiotherapy
29 th January	Physical Activity
5 th February	Sewing and Knitting Women In Crisis -Sexual Assault
12 th February	Wee Talk Speech & Language
19 th February	Cooking and Nutrition
26 th February	Physical activity
4 th March	International Women's Day Lunch
11 th March	Cooking and Nutrition
18 th March	March Break Drop In
25 th March	Physical activity