



# Summer Activities

## Goole 09

For better mental health



With the support of East Riding of Yorkshire Council

9 July	Carol Woodward—Relaxation techniques
16 July	Quizzes games
30 July	Have fun with Mod Roc
6 August	Candle making & various crafts
13 August	Ann Williams—Red Cross
20 August	Gwynne Cartwright—Baytree Services
26 August	Trip to Yorkshire Lavender £4.00
3 September	Rita Ward—Gentle chair exercise
10 September	Candle making & various crafts

All sessions are on Thursdays, 1.30-3.30pm and **MUST** be booked in advance, please see overleaf for contact details.



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