

Please call Support on 020 7924 3924 if coming to a drop-in class for the first time



**Paul's Cancer
Support Centre**
Wellbeing Calendar

Day Month	Monday	Tuesday	Wednesday	Thursday	Friday
July	Get Active 2.00pm – 3.00pm Every Monday	Qi Gong 2.00pm – 3.00pm Every Tuesday			Yoga Class 2.30pm-3.30pm 26 th
	African Caribbean Support Group 12.00pm – 2.00pm 8 th	Social Morning 11.00am – 12.30pm 2 nd	Walking Group 10.15 start from the bandstand in Battersea Park		Moving Meditation 2.00pm-3.30pm 5, 19
	Asian Support Group 11.45am-1.45pm 29 th				
Aug	Get Active 2.00pm – 3.00pm Every Monday No class 26th	Qi Gong 2.00pm – 3.00pm Every Tuesday			Yoga 2.30pm-3.30pm 9 th
	African Caribbean Support Group 12.00pm – 2.00pm 12 th	Social Morning 11.00am – 12.30pm 6 th			Moving Meditation 2.00pm-3.30pm 2, 16, 23, 30
	Asian Support Group 11.45am-1.45pm 19 th				
Sept	Get Active 2.00pm - 3.00pm Every Monday	Qi Gong 2.00pm – 3.00pm Every Tuesday			Yoga 2.30pm – 3.30pm 20, 27
	African Caribbean Support Group 12.00pm – 2.00pm 9 th	Social Morning 11.00am–2.30pm 3 rd		Move Dance Feel 10.30am– 2.30pm <i>Dates tbc</i>	Moving Meditation 2.00pm-3.30pm 6, 13
	Asian Support Group 11.45am-1.45pm 30 th	Singing Workshop 12.30pm– 2.00pm 3, 10, 17, 24			

WELLBEING CALENDAR

July to September 2019

Mondays 2-3pm, Get Active classes with Mark Wild

If you will be coming for the first time, please let us know in advance because you will need to have a short review with Mark before the class.

Second Monday of the month 12-2pm, African & Caribbean Cancer Support Group facilitated by Alecia May.

Last Monday of the month 11.45-1.45pm, Asian Support Group facilitated by Sabeen Khan

Tuesdays 12.30pm to 2.00pm Singing Workshop –with Colette Parham

A fun and friendly singing workshop including breathing & vocal exercises and group singing. No previous singing experience required. No singing workshop in July or August: check dates on the time table.

Tuesdays 2-3pm, Qi Gong with Marilyn Harvey

Qi Gong may be described as a practice that improves one's mental & physical health by integrating posture, movement and breathing. Beginners are encouraged to stay for the first 30 to 45 minutes.

First Tuesday of the month 11am-12.30pm, Monthly social morning. Join us to enjoy a hot drink, cake and fruit in a relaxed environment; have a chat and meet other Centre members

Wednesdays 10.15am to 11.00 Walking Group -- with Rosie Fowler

This walk starts from the bandstand in Battersea Park and finishes at Paul's centre.

Thursdays 10.30am to 12.30pm Move Dance Feel –with Emily Jenkins

A 10 week creative dance project designed to support women who are affected by cancer. For further information contact the Support Team. You are welcome to attend all ten weeks or drop in to individual sessions. September dates to be confirmed.

Fridays fortnightly 2-3.30pm, Moving Meditation with Maria Black

This class is open to anyone with an interest in meditation; you do not need any previous experience; if you already meditate, Maria's teaching will support you in deepening your practice.

Fridays fortnightly 2.30-3.30pm, Yoga with Vicky Fox A very gentle class suitable for beginners and all levels.

The following courses need to be booked in advance

Yoga for men – Mondays 2.00pm to 3.15pm with Sarah Buckland

A small group of up to three men at a time, practicing gentle movement and breathing exercises to balance both physical and mental energies.

Alexander Technique – Wednesdays fortnightly 11.00am to 12.00pm with Deborah Levy

A class to help you identify and correct postural habits that may aggravate stress or pain.

Healthy Eating & Lifestyle Habits – A six session programme starting on Friday 25 October

10.30am to 12.30pm with Nutritional Therapists **Meredy Birdie & Marcelle Dubruel**. A healthy eating education programme supporting lasting healthier habits. The dates are 25th October, 1, 29 November, 13th December, 17th January and 7th February 2020.

Macmillan HOPE course starts on Thursday 1 August, 5-7.45pm. A six week course providing information and practical advice about managing fatigue, improving sleep, setting goals and developing mindfulness skills. The dates are 1, 8, 15, 22, 29 August and 5 September.