SMALL STEPS BIG CHANGES

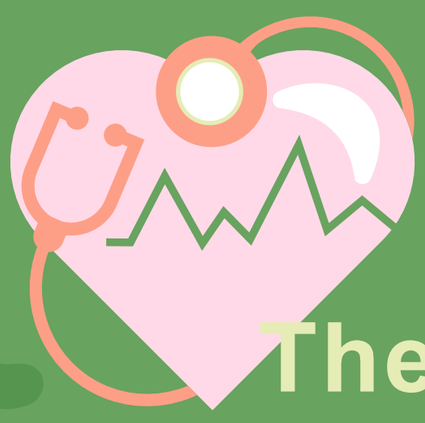


WELLNESS EVENT

20TH JANUARY 2026

10AM - 4PM

The Concourse, The Old Library
NW9 5XA





DROP IN EVENT



- **Visit service tables**
- **speak to services offer ongoing support**
- **Receive lifestyle advice and referral information.**

JOIN LIGHT PHYSICAL EXERCISE ON THE DAY

Gentle exercise, chair yoga, seating exercise and breathing exercises



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IN THE HALL:

Time	Presentation	Presenter
10am	Diet Support	Vanitha
11am	Better Balance	Billy
12pm	Seated Yoga and gentle stretch	Zen project
1pm	Gentle exercise & life style changes.	Sophie
2pm	Gentle exercise	Gro Health – Michele
3pm	Circuit class	OncoMove Isaac

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ON THE ZEN BUS:

Time	Bus Sessions
12:00 AM	10am Morning breathing for energy
10.3	Tapping for anxiety
11am	Sound bath
11.3	Breathwork to ease stress
12pm	Mindfulness to relax
12.30pm	Sound bath
1pm	Tapping to let go
1.30pm	Gratitude meditation
2pm	Sound bath
2.30pm	Just be
3pm	Breathwork to let go
3.30pm	Sound bath

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