



for physical & mental wellbeing

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February 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
			10:45 Yoga Ashford	11:00 Northgate Computers	10:00 Gardening Faversham	PSCG
				4:00 Cycle Recycle Riverside youth centre		
5	6	7	8	9	10	11
		12:00 Northgate Cooking	6:30 Depression group	11:00 Northgate Computers		PSCG
				2:30 Bipolar group		
				4:00 Cycle Recycle Riverside youth centre		
12	13	14	15	16	17	18
12:30 Womens' Creative group		12:00 Northgate Cooking	10:45 Yoga Ashford	11:00 Northgate Computers	10:00 Gardening Faversham	PSCG
4:00 Young Peer group				4:00 Cycle Recycle Riverside youth centre		
19	20	21	22	23	24	25
	11:00 BPD group	12:00 Northgate Cooking	6:30 Depression group	11:00 Northgate Computers		PSCG
				2:30 Bipolar group		
				4:00 Cycle Recycle Riverside youth centre		
				6:30 ASD group		
26	27	28				
12:30 Creative group	(Invicta groups)	12:00 Northgate Cooking				