



Ashford-Faversham-Whitstable

October

01227 788 211

www.takeoff.works

office@takeoff.works

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4 2:30 Beginners Body and Mind Ashford Live Well Centre 3:00 Gardening Faversham Millfield Allotment (phone)	5
8	9 3:30 Mood Group Ashford Live Well Centre	10	11 2:30 Beginners Body and Mind Ashford Live Well Centre 3:00 Gardening Faversham Millfield Allotment (phone)	12
15	16	17	18 2:30 Beginners Body and Mind Ashford Live Well Centre 3:00 Gardening Faversham Millfield Allotment (phone) 3:30 PTSD Group Whitstable Umbrella	19
22	23 3:30 Mood Group Ashford Live Well Centre	24	25 2:30 Beginners Body and Mind Ashford Live Well Centre 3:00 Gardening Faversham Millfield Allotment (phone)	26
29	30	31		

Please contact 01227 788 211 before attending any group.

