

Wellbeing Café

April 2024



SELBY Cunliffe Centre, Petre Ave, Selby, 10am-12noon (weekly)
EGGBOROUGH Methodist Church Wednesday 10am – 12pm (weekly)
SHERBURN Harold Mills House, Thursday 1pm – 3pm (Weekly)
TADCASTER Calcaria House, Windmill Rise Tuesday 10 – 12noon (Weekly)



Hot Women – Menopause run by Jackie Butterworth @ Community House Selby –10am to 12pm



Mark Willis - York Mind will be attended our Selby café on the 4th April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						30
31	1	2 Tadcaster Coffee, Talk, Mindful Activities	3 Eggborough Coffee, Talk & Mindful Activities	4 Selby York Mind Sherburn Coffee, Talk & Mindful Activities	5	6
7	8	9 Tadcaster Coffee, Talk, Mindful Activities	10 Eggborough Coffee, Talk & Mindful Activities	11 Selby Sherburn Coffee, Talk & Mindful Activities	12	13
14	15	16 Tadcaster Coffee, Talk, Mindful Activities	17 Eggborough Coffee, Talk & Mindful Activities	18 Selby Sherburn Coffee, Talk & Mindful Activities	19	20 10am to 12pm @ Community House
21	22	23 Tadcaster Coffee, Talk, Mindful Activities	24 Eggborough Coffee, Talk & Mindful Activities	25 Selby Sherburn Coffee, Talk & Mindful Activities	26	27
28	29	30 Tadcaster Coffee, Talk, Mindful Activities				

