


Wellbeing Café September 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

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