

# Wellbeing Café December 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



Working For Health - Will be visiting all the Cafes to discuss their service from the 3<sup>rd</sup> to the 5<sup>th</sup> December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 <a href="#">Tadcaster</a> Working For Health Coffee, Talk, Mindful Activities	4 <a href="#">Eggborough</a> Working For Health Coffee, Talk & Mindful Activities	5 <a href="#">Selby</a> <a href="#">Sherburn</a> Working For Health Coffee, Talk & Mindful Activities	6	7
8	9	10 <a href="#">Tadcaster</a> Coffee, Talk, Mindful Activities	11 <a href="#">Eggborough</a> Coffee, Talk & Mindful Activities	12 <a href="#">Selby</a> <a href="#">Sherburn</a> <b>Christmas Party</b>	13	14
15	16	17 <a href="#">Tadcaster</a> Coffee, Talk, Mindful Activities	18 <a href="#">Eggborough</a> <b>Christmas Party</b>	19 <a href="#">Selby</a> <a href="#">Sherburn</a> Coffee, Talk & Mindful Activities	20	21  10am to 12pm @ Community House
22	23	24 <b>Christmas Eve</b> <b>Christmas Party</b>	25 <b>Christmas day</b> <b>Closed</b>	26 <b>Boxing Day</b> <b>Closed</b>	27	28
29	30	31 <b>New Years eve</b> <b>Closed</b>	1 <b>New Years Day</b> <b>Closed</b>	2 <b>Closed</b>	3	4

