|  |
| --- |
| square logo**Wellbeing Café****June 2025** |

**SELBY** **St Richards Centre, 36 Barwic Parade – Thursday 10am – 12pm (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

**NORTH YORKSHIRE SPORT -** Talk with Karla Burton – Moving, Activities and Sport @ Eggborough

**LIVING WELL – SMOKE FREE -** Talk with Emily Fazal – Stop Smoking Support @Selby

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 1 | 2 | 3**Tadcaster**Coffee, Talk, Mindful Activities | 4**Eggborough****North Yorkshire sport**Coffee, Talk & Mindful Activities | 5**Selby****Stop smoking support****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 | 2110am 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 |  |  |  |  |  |