

LDN LONDON Community Hubs

Stay Healthy • Be Safe • Live Well

Tuesday 7th January



2pm to 4pm



Coping Skills



Talking Therapies



With NHS Talking Therapies

Stay Healthy



Community Hub
389a Harrow Road

Wednesday 8th January



1pm to 4pm



**Men's Group:
Bowling**



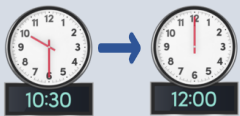
With Laurence &
Colin

Live Well



Community Hub
389a Harrow Road

Thursday 9th January **Members Only*



10:30am to 12pm **Members Meeting**



With The Hub
Team

Meeting



Community Hub
389a Harrow Road

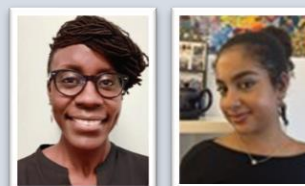
Friday 10th January



2pm to 4pm



**Women's Group:
Sip & Paint**



With Nicola &
Iman

Live Well



Victoria Library