






**Join us for our FREE wellness events!**

<b>TUESDAYS</b>			
Earl's Court Health & Wellbeing Hub 2b Hogarth Rd, SW5 0PT			
JAN 14	2-4pm		<b>Meditation</b>
JAN 21	10:30am-12:30pm		<b>Mindful Movement: Mat Yoga</b>
JAN 28	2-4pm		<b>Tai Chi/ Qigong</b>
FEB 4	10:30am-12:30pm		<b>Mindful Movement: Mat Yoga</b>
FEB 11	10:30am-12:30pm		<b>Art Journeys: Self Love</b>

<b>THURSDAYS</b>			
Violet Melchett Health & Wellbeing Hub 30 Flood Walk, London, SW10 5RR			
JAN 16	10:30-12:30pm		<b>Art Journeys</b>
JAN 23	2-4pm		<b>Wellbeing Workshop: Understanding Mental Health</b>
JAN 30	2-4pm		<b>Chair Yoga</b>
FEB 6	10:30-12:30pm		<b>Chelsea Physic Garden</b>
FEB 13	10:30-12:30pm		<b>Oral Health Workshop</b>

For more information or to book:

- scan the QR code
- email [nhsnw.vmcommunitycorner@nhs.net](mailto:nhsnw.vmcommunitycorner@nhs.net)
- call **020 3621 4434**



Contact us to sign up to our newsletter  
for updates about our events!