



## WHAT'S ON - HEALTHY LIVING CENTRE DARTFORD MAY 2018

### Monday: Closed Monday 7<sup>th</sup> May

- 11:00 – 13:00 – Porchlight Cookery and Lunch Club
- 13:15 – 14:45 – “Why Weight” at Peppercorns
- 13:30 – 16:00 - One You Lifestyle Advisor drop in
- 14:30 - 16:30 - English for Speakers of Other Languages – Improve your English
- 16:30 – 18:30 – Youth Club at Tree Community Centre
- 17:30 – 18:30 – *Get Active Dartford* – Yoga. £1.50 per session
- 19:00 – 20:00 – *Get Active Dartford* – Zumba. £1.50 per session

### Tuesday:

- 09:00 – 14:00 – One You Lifestyle Advisor drop in
- 10:00 – 12:00 - Thyme to Cook Club
- 10:30 – 12:30 – SAfE – Free advice drop in
- 11:00 – 13:00 – Dementia Friendly Memory Café – (Tuesday May 8<sup>th</sup>)
- 11:00 - 13:00 – Crafty Tuesday– (Tuesday May 15<sup>th</sup>)
- 11:00 - 13:00 - Pre-Loved Book Club – (Tuesday May 29<sup>th</sup>)

### Wednesday:

- 09:30 – 12:30 – HENRY – Healthy Start, Brighter Future
- 10:00 – 16:00 - One You Lifestyle Advisor drop in
- 09:45 – 12:00 – Response – Introduction to Customer Service (9<sup>th</sup> and 16<sup>th</sup> May)
- 10:00 – 17:00 – Response – Food Safety Level 2 (23<sup>rd</sup> May)
- 10:00 – 12:00 – Windows 8.1 and 10 training session.
- 13:00 – 16:00 - Job Club. Supported by RBLI
- 18:30 – 20:00 – “Why Weight” at Peppercorns
- **Stop Smoking Advice – by appointment:** Call 01322 311265

### Thursday:

- 09:00 – 15:00 – **New. Weekly Thinkaction IAPT Service** - <https://bit.ly/2req5zH>
- 10:00 – 12:00 – Silver Surfers IT Group
- 10:00 – 12:00 – Tai Chi @ Tree Community Centre £3.50 per session
- 13:00 – 15:00 – “Learn My Way” IT Training

### Friday:

- 10:00 – 12:00 – “Learn My Way” IT Training
- 10:00 – 16:00 – Sanctuary Floating Support Drop-In <https://bit.ly/2rf42cp>
- 12:00 – 14:00 – One You Lifestyle Advisor drop in
- 13:00 – 15:00 – “Learn My Way” IT Training
- **11:30 – 13:30 – Free Brain Health Workshop (2 x 1 hour – Friday 11<sup>th</sup> May)**

**“The Hub” Cafe open Wednesday – Friday 10:00 – 14:00**

For more information call 01322 311265 or email [info@hlcdartford.org.uk](mailto:info@hlcdartford.org.uk)

[www.hlcdartford.org.uk](http://www.hlcdartford.org.uk)

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R/O St Edmunds Church Living Well, St Edmunds Road, Dartford DA1 5ND

