

Dear Participant,

Monday Night Wellness Group

A survey was taken in August 2017 and results will see group continue on a fortnightly basis for 2019 until further review.

The following dates are when group will be held, the venue remains the same and the time of commencement will be 1830 hours to 2000 hours.

January 2019

Monday 7th

Monday 21st

February 2019

Monday 11th

Monday 25th

March 2019

Monday 4th

Monday 18th

April 2019

Monday 1st

Monday 15th

Monday 29th

May 2019

Monday 13th

Monday 27th

June 2019

Monday 3rd

Monday 17th

The 2019 dates will be available on our web page.

Yours Sincerely,

Tanya Ribbon

Group Facilitator