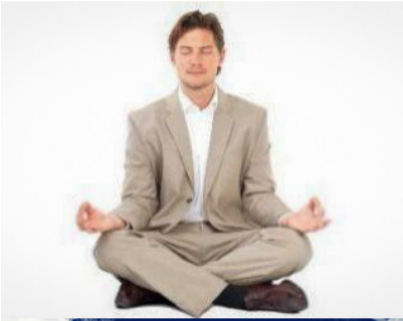


what's on

Free events from Better Bankside

You're invited!

January 2018 #betteryou



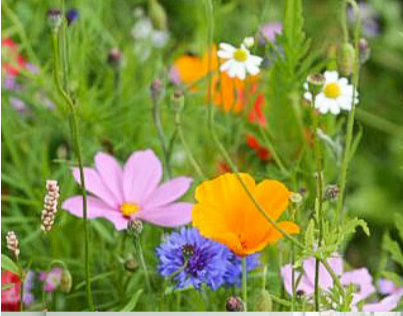
4, 11, 16, 25 January -
Better You, Yoga
5.30-6.30pm



9 and 23 January - Better
You, Cycle Confidence
Training Tour
12.15-1.30pm or 6-7.15pm



10, 17, 24, 31 January -
Better You, StreetGym
6.15-7.15pm



Wednesday, 24 January -
Bankside Gardening Club
- fruity and seedy
12.30-1pm or 1-1.30pm



Friday, 26 January -
Dr Bike
Drop off 8.30-10.30am
Collection 4.30-5.30pm



5 - 26 January - Better You,
Qigong classes
10-11am



9 - 30 January - Better
You, Free 15 Minute
Acupuncture Consultations
1-3pm



Wednesday, 17 January -
Better You, Food for Mood
8.30-10am



Wednesday, 24 January -
Better You, Building Your
Resilience Toolbox
8.30-10am



Tuesday, 30 January -
Better Bankside Pub Quiz
6-9pm

**Better
Bankside**

Find out more, visit:

betterbankside.co.uk/events

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@VisitBankside

info@betterbankside.co.uk